		<u>Am</u>	ount in 10	0 grams	of edi	ble portion		Amount in e	dible portion	of common
				Number				m	easures of fo	od
						Source Co	nfidanca			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	14.5	0	0	мс	9		4.11	5.37	
Energy		377	•	0	NC	4		107	139	
Energy		1576		0	NC	4		447	583	
Protein		4.4	0	0	MC	9		1.25	1.63	
Total lipid (fat)		7.5		0	MC	9		2.13	2.78	
Ash		0.8		0	MC	9		0.23	0.30	
Carbohydrate, by difference	_	72.9		0	MC	9		20.67	26.97	
Fiber, total dietary		2.1		0	MC	9		0.6	0.8	
		35.1		0	T	4		9.95	12.99	
Sugars, total		33.1	O	U	-	-		3.33	12.99	
	9									
Minerals:	m a	41		^	va	0		12	15	
Calcium, Ca Iron, Fe	-	41 4.8	6	0	MC MC	9 9		1.38	15 1.80	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	27	u	0	MC	9		1.38 8	1.80	
Phosphorus, P		103		0	MC	9		8 29	38	
Potassium, K		197		0	MC	9		29 56	36 73	
Sodium, Na	-	297		0	LC	8		84	110	
Zinc, Zn	-	4.1	0	0	MC	9		1.16	1.52	
Copper, Cu	_	0.1		0	MC	9		0.028	0.037	
Manganese, Mn										
Selenium, Se	_	15.0		0	FLM	4		4.3	5.6	
•										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0	0.0	
Thiamin	_	1.0	00	0	MC	9		0.284	0.370	
Riboflavin	_	1.1		0	MC	9		0.312	0.407	
Niacin	_	13.5		0	MC	9		3.827	4.995	
Pantothenic acid	_	0.0		0	MC	9		0.000	0.000	
Vitamin B-6		1.4		0	MC	9		0.397	0.518	
Folate, total	-	108		0	MC	9		31	40	
Folic acid		95		0	0	4		27	35	
Folate, food		13		0	FLA	4		4	5	
Folate, DFE		174		0	NC	4		49	64	
Choline, total		34.3		0	FLA	4		9.7	12.7	
Betaine	•									
Vitamin B-12	-	0.0	0	0		7		0.00	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE		608		0	NC	4		172	225	
Retinol		608		0	0	4		172	225	
Carotene, beta		0		0	FLA	4		0	0	
Carotene, alpha		0		0	FLA	4		0	0	
Cryptoxanthin, beta		0		0	FLA	4		0	0	
Vitamin A, IU		2027		0	NC	4		575	750	
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		40		0	FLA	4		11	15	
Vitamin E (alpha-tocopherol)	mg	0.7	6	0	FLA	4		0.22	0.28	
Vitamin E, added	mg	0.0	0	0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		13.8		0	FLA	4		3.9	5.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

		<u>An</u>	ount in 10		Amount in edible portion of common measures of food					
				Number				<u>III</u>	easures or roc	<u>)u</u>
						Source Co	onfidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	1.5	00	0	MC	9		0.425	0.555	
4:0	-	0.0	00	0		4		0.000	0.000	
6:0	g	0.0	00	0		4		0.000	0.000	
8:0	g	0.0	00	0		4		0.000	0.000	
10:0	g	0.0	00	0		4		0.000	0.000	
12:0	g	0.0	02	0		4		0.001	0.001	
13:0	g									
14:0	g	0.0	01	0		4		0.000	0.000	
15:0	g									
16:0	g	0.8	60	0		4		0.244	0.318	
17:0	g									
18:0	g	0.1	.53	0		4		0.043	0.057	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.0	00	0	MC	9		1.418	1.850	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.0	54	0		4		0.015	0.020	
17:1	g									
18:1 undifferentiated		4.9	77	0		4		1.411	1.841	
20:1		0.0	23	0		4		0.007	0.009	
22:1 undifferentiated	g	0.0	03	0		4		0.001	0.001	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.9	00	0	MC	9		0.255	0.333	
18:2 undifferentiated	g	0.8	50	0		4		0.241	0.315	
18:3 undifferentiated	g	0.0	56	0		4		0.016	0.021	
18:4	g	0.0	00	0		4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.0		0		4		0.000	0.000	
20:5 n-3 (EPA)	-	0.0	00	0		4		0.000	0.000	
21:5	g									
22:4	_									
22:5 n-3 (DPA)		0.0		0		4		0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0		4		0.000	0.000	
Fatty acids, total trans	-									
Cholesterol	-	0		0		7		0	0	
Phytosterols	mg									
Others:		_		_		_				
Alcohol, ethyl	-	0.0		0	Z	7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 37g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

Nutrients and Uni				Amount in 100 grams of edible portion								
Nutrients and Uni			Numbei	•			<u>m</u>	easures of foo	<u>od</u>			
Nutrients and Uni			of Data	Deriv	Source (Confidence						
	its	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure :			
Proximates:												
Water	g	4.10	1		1		1.76					
Energy	kcal	464	0	NC	4		200					
Energy	kJ	1943	0	NC	4		836					
Protein	g	9.80	1		1		4.21					
Total lipid (fat)	g	17.60	1		1		7.57					
Ash	g	1.80	0	NR	4		0.77					
Carbohydrate, by difference	g	66.70	0	NC	4		28.68					
Fiber, total dietary	g	3.1	0		4		1.3					
Sugars, total	g	27.52	0	FLA	4		11.84					
Starch												
Minerals:					_							
Calcium, Ca	_	60	1		1		26					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.18	1		1		1.37					
Magnesium, Mg		101	1		1 1		43					
Phosphorus, P		277 326	1 1		1		119 140					
Potassium, K Sodium, Na	_	251	0	0	4		140					
Zinc, Zn	_	1.60	1	U	1		0.69					
Copper, Cu	_	0.360	1		1		0.155					
Manganese, Mn		0.300	-		-		0.133					
Selenium, Se	_	16.0	0	FLM	4		6.9					
,		10.0	· ·		•		0.5					
<u> Vitamins:</u>												
Vitamin C, total ascorbic acid	_	1.0	0		4		0.4					
Thiamin		0.280	1		1		0.120					
Riboflavin	_	0.110	1		1		0.047					
Niacin	_	1.750	0		4		0.753					
Pantothenic acid	_											
Vitamin B-6	_	0.350	0		4		0.151					
Folate, total		81	0	_	4		35					
Folic acid		0	0	Z	7 4		0					
Folate, food		81	0				35 35					
Folate, DFE		81 27.6	0	NC FLA	4 4		35 11.9					
Choline, total	-	27.0	U	FLA	-1		11.9					
Betaine Vitamin B-12	_	0.00	0	0	4		0.00					
Vitamin B-12, added		0.00	0	0	4		0.00					
Vitamin A, RAE		8	0	NC	4		3					
Retinol		0	0	Z	7		0					
Carotene, beta		91	0	FLA	4		39					
Carotene, alpha		0	0	FLA	4		0					
Cryptoxanthin, beta		0	0	FLA	4		0					
Vitamin A, IU		152	0	NC	4		65					
Lycopene		0	0	FLA	4		0					
Lutein + zeaxanthin		107	0	FLA	4		46					
Vitamin E (alpha-tocopherol)		0.82	0	0	4		0.35					
Vitamin E, added		0.00	0	0	4		0.00					
Tocopherol, beta			-	-								
Tocopherol, gamma	_											
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma	_											
Tocotrienol, delta												
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0					
Vitamin D		0	0	Z	7		0					
Vitamin K (phylloquinone)		15.9	0	FLA	4		6.8					
Dihydrophylloquinone												

	<u>Amount i</u>	n 100 grams	Amount in edible portion of common measures of food					
		Number				<u>m</u>	easures of foo	<u>oa</u>
				Source C	onfidence			
Nutrients and Units	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3

<u>Lipids:</u>	12.690	0		4		5 455		
Fatty acids, total saturated	0.000	0		4		5.457		
· ·	0.000	0		4		0.000		
6:0g		0		4		0.035		
8:0g	1.005 0.802	0		4		0.432		
10:0g		0		4		0.345		
12:0g	6.135	U		4		2.638		
13:0g	2.357	0		4		1 014		
14:0g	2.35/	U		4		1.014		
15:0g	1.701	0		4		0 531		
16:0g	1.701	U		4		0.731		
17:0g	0.562	0		4		0.242		
18:0g 20:0g	0.562	U		4		0.242		
22:0g 24:0g								
Fatty acids, total monounsaturatedg	1.933	0		4		0.831		
14:1g	1.933	U		-		0.631		
14:19 15:1								
16:1 undifferentiated	0.007	0		4		0.003		
17:1g	0.007	· ·		-		0.005		
18:1 undifferentiated	1.926	0		4		0.828		
20:1g	0.001	0		4		0.000		
22:1 undifferentiatedg	0.001	0		4		0.000		
24:1 c	0.000	v		-		0.000		
Fatty acids, total polyunsaturatedg	1.634	0		4		0.703		
18:2 undifferentiatedg	1.574	0		4		0.677		
18:3 undifferentiated	0.011	0		4		0.005		
18:4g	0.000	0		4		0.000		
20:2 n-6 c,cg	0.000	v		-		0.000		
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0		4		0.000		
20:5 n-3 (EPA)	0.000	0		4		0.000		
21:5g	0.000	· ·		-		0.000		
21:3g 22:4g								
22:5 n-3 (DPA)g	0.000	0		4		0.000		
22:6 n-3 (DHA)g	0.000	0		4		0.000		
Fatty acids, total trans	******	ū		=		0.000		
Cholesterolg	0	0		7		0		
Phytosterolsmg	•	·		÷		·		
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0		
Caffeinemg	0	0	FLA	4		0		
Theobrominemg	0	0	FLA	4		0		

Common Measures:

Measure 1 = 43g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10			ole portio	<u>on</u>		edible portion easures of fo	
				Number		_		<u> </u>	easures or 100	<u> </u>
							Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00)	0		8		0.85		
Energy	kcal	432		0	NC	4		123		
Energy	kJ	1809		0	NC	4		513		
Protein	g	8.50)	0		8		2.41		
Total lipid (fat)	g	12.10)	0		8		3.43		
Ash	g	4.05	5	0	FLA	4		1.15		
Carbohydrate, by difference	g	72.35	5	0	NC	4		20.51		
Fiber, total dietary	g	3.6		0	LC	8		1.0		
Sugars, total	g	7.29	•	0	FLA	4		2.07		
Starch	g									
Minerals:										
Calcium, Ca	ma	357		0		8		101		
Iron, Fe	_	1.28	3	0		8		0.36		
Magnesium, Mg	_	41	-	0		4		12		
Phosphorus, P	_	357		0		4		101		
Potassium, K	_	286		0		8		81		
Sodium, Na	mg	847		0	LC	8		240		
Zinc, Zn	mg	2.14	1	0		8		0.61		
Copper, Cu	mg	0.08	35	0		4		0.024		
Manganese, Mn	mg									
Selenium, Se	µg	9.6		0	FLM	4		2.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	21.4		0		8		6.1		
Thiamin	-	0.54	10	0		8		0.153		
Riboflavin		0.61	LO	0		8		0.173		
Niacin	_	7.14	10	0		8		2.024		
Pantothenic acid	mg									
Vitamin B-6	mg	0.71	LO	0		8		0.201		
Folate, total	µg	97		0	FLM	4		27		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	97		0	FLM	4		27		
Folate, DFE		97		0	NC	4		27		
Choline, total		13.7		0	FLA	4		3.9		
Betaine	• • • • • • • • • • • • • • • • • • • •		_							
Vitamin B-12		2.14		0	_	8		0.61		
Vitamin B-12, added		0.00)	0	Z	7		0.00		
Vitamin A, RAE		44		0	NC	4		13		
Retinol		38 58		0	FLA FLA	4 4		11 16		
Carotene, beta		30		0	FLA	4		9		
Carotene, alpha Cryptoxanthin, beta		0		0	FLA	4		0		
Vitamin A, IU		250		0	NC	4		71		
Lycopene		0		0	FLA	4		0		
Lutein + zeaxanthin		643		0	FLA	4		182		
Vitamin E (alpha-tocopherol)		4.25	5	0	FLA	4		1.21		
Vitamin E, added		0.00)	0	Z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		_		_		_				
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0		
Vitamin D		0		0	Z	7		0		
Vitamin K (phylloquinone)		1.1		0	FLA	4		0.3		
Dihydrophylloquinone	ua									

	Amount in	100 grams o	of edible	Amount in 100 grams of edible portion								
		Number			<u>m</u>	easures of foo	<u>oa</u>					
				ource Confidence	:							
Nutrients and Units	Mean Std. Er	ror Points (Code C	Code Code	Measure 1	Measure 2	Measure 3					
Timid												
Lipids: Fatty acids, total saturatedg	2.100	0		4	0.595							
4:0g	0.000	0		4	0.000							
6:0g	0.000	0		4	0.000							
8:0g	0.000	0		4	0.000							
10:0g	0.000	0		4	0.000							
12:0g	0.001	0		4	0.000							
13:0g	0.001	ŭ		•	0.000							
14:0g	0.033	0		4	0.009							
15:0		-		_	0.002							
16:0g	1.652	0		4	0.468							
17:0g												
18:0g	0.414	0		4	0.117							
20:0												
22:0g												
24:0g												
Fatty acids, total monounsaturatedg	3.500	0		4	0.992							
14:1g												
15:1g												
16:1 undifferentiatedg	0.026	0		4	0.007							
17:1g												
18:1 undifferentiatedg	3.475	0		4	0.985							
20:1g	0.000	0		4	0.000							
22:1 undifferentiatedg	0.000	0		4	0.000							
24:1 cg												
Fatty acids, total polyunsaturatedg	5.740	0		4	1.627							
18:2 undifferentiatedg	5.429	0		4	1.539							
18:3 undifferentiatedg	0.314	0		4	0.089							
18:4g	0.000	0		4	0.000							
20:2 n-6 c,cg												
20:3 undifferentiatedg												
20:4 undifferentiatedg	0.000	0		4	0.000							
20:5 n-3 (EPA)g	0.000	0		4	0.000							
21:5g												
22:4g												
22:5 n-3 (DPA)g	0.000	0		4	0.000							
22:6 n-3 (DHA)g	0.000	0		4	0.000							
Fatty acids, total transg	4	•			•							
Cholesterol mg	1	0		4	0							
Phytosterolsmg												
Others:												
Alcohol, ethylg	0.0	0		7	0.0							
Caffeinemg	0	0	FLA	4	0							
Theobrominemg	0	0	FLA	4	0							

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Am	ount in 10	0 grams	of edil	ole porti	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	12.1	6	0	FLC	4					
Energy		412	·	0	NC	4					
Energy		1722		0	NC	4					
Protein		30.3	4	0	LC	8					
Total lipid (fat)		15.1		0	LC	8					
Ash	-	3.9		0	FLC	4					
Carbohydrate, by difference		38.4		0	NC	4					
Fiber, total dietary		7.3		0	FLC	4					
Sugars, total		15.1		0	LC	8					
Starch		0.0		0	FLC	4					
Starch	9		-	-		=					
Minerals:											
Calcium, Ca	_	322		0	LC	8					
Iron, Fe	_	5.4	0	0	FLC	4					
Magnesium, Mg		71		0	FLC	4					
Phosphorus, P		445		0	FLC	4					
Potassium, K	_	793		0	FLC	4					
Sodium, Na	_	436 2.3	0	0	LC FLC	8 4					
Zinc, Zn	_	0.8		0	FLC	4					
Copper, Cu		1.0		0	FLC	4					
Selenium, Se		9.0		0	FLC	4					
,	ค9	200		·		-					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	27.9		0	FLC	4					
Thiamin	_	0.1		0	FLC	4					
Riboflavin	_	0.4		0	FLC	4					
Niacin	_	1.2		0	FLC	4					
Pantothenic acid	_	1.9		0	FLC	4					
Vitamin B-6	_	0.2	26	0	FLC	4 4					
Folia, total		184 0		0	FLC FLC	4					
Folic acidFolate, food		184		0	FLC	4					
Folate, DFE		184		0	NC	4					
Choline, total		108.2		0	FLC	4					
Betaine	_	1.1		0	FLC	4					
Vitamin B-12		0.6		0	FLC	4					
Vitamin B-12, added		0.0		0	FLC	4					
Vitamin A, RAE		391		0	NC	4					
Retinol		66		0	FLC	4					
Carotene, beta		3901		0	FLC	4					
Carotene, alpha		0		0	FLC	4					
Cryptoxanthin, beta		0		0	FLC	4					
Vitamin A, IU		6720		0	NC	4					
Lycopene		0		0	FLC	4					
Lutein + zeaxanthin	µg	11713		0	FLC	4					
Vitamin E (alpha-tocopherol)	g	4.6		0	FLC	4					
Vitamin E, added		0.0		0	FLC	4					
Tocopherol, beta		0.0		0	FLC	4					
Tocopherol, gamma		1.9		0	FLC	4					
Tocopherol, delta		0.0		0	FLC	4					
Tocotrienol, alpha		0.0		0	FLC	4					
Tocotrienol, beta		0.0		0	FLC	4					
Tocotrienol, gamma		0.0		0	FLC	4					
Tocotrienol, delta		0.0		0	FLC	4					
Vitamin D (D2 + D3)		0.0		0	NR ELC	4					
Vitamin D2 (ergocalciferol)		0.0		0	FLC NR	4 4					
Vitamin D3 (cholecalciferol)											
Vitamin D Vitamin K (phylloquinone)		0 350.6		0 0	FLC FLC	4 4					

	<u>Ar</u>	nount in 10	0 grams Number		Amount in edible portion of common measures of food				
					Source C	Confidence			_
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Dilector hollowing	ųg 0.0	.	0	FLC	4				
Dihydrophylloquinone Menaquinone-4			0	FLC	4				
	r-9								
Lipids:	g 3.:	004	0	FLC	4				
Fatty acids, total saturated4:0	~		0	FLC	4				
6:0	•		0	FLC	4				
8:0	=	.39	0	FLC	4				
10:0	g 0.:	12	0	FLC	4				
12:0	-	300	0	FLC	4				
13:0	•		0	FLC	4				
14:0	=		0	FLC	4				
15:0	-		0 0	FLC FLC	4 4				
16:0 17:0	=		0	FLC	4				
18:0	•		0	FLC	4				
20:0	=		0	FLC	4				
22:0	=		0	FLC	4				
24:0		003	0	FLC	4				
Fatty acids, total monounsaturated	g 4.:	290	0	FLC	4				
14:1	=		0	FLC	4				
15:1	•		0	FLC	4				
16:1 undifferentiated	•		0	FLC	4				
17:1	-		0	FLC FLC	4 4				
20:1	-		0	FLC	4				
22:1 undifferentiated			0	FLC	4				
24:1 c			0	FLC	4				
Fatty acids, total polyunsaturated		326	0	FLC	4				
18:2 undifferentiated		67	0	FLC	4				
18:3 undifferentiated	.g 0.0	559	0	FLC	4				
18:4			0	FLC	4				
20:2 n-6 c,c			0	FLC	4				
20:3 undifferentiated			0	FLC	4				
20:4 undifferentiated 20:5 n-3 (EPA)	-		0	FLC FLC	4 4				
20:5 n-3 (EPA)		700	U	FLC	4				
22:4	=	000	0	FLC	4				
22:5 n-3 (DPA)	•		0	FLC	4				
22:6 n-3 (DHA)		000	0	FLC	4				
Fatty acids, total trans	g 0.0	91	0	FLC	4				
Cholesterol	mg 3		0	FLC	4				
Phytosterols	=								
Stigmasterol			0	FLC	4				
Campesterol			0	FLC	4				
Beta-sitosterol	mg 22		0	FLC	4				
Others:									
Alcohol, ethyl)	0	FLC	4				
Caffeine			0	FLC	4				
Theobromine	mg 29		0	FLC	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Amo	ount in 100	grams	or edil	ole porti	<u>un</u>	Amount in e	dible portion	of common
			N	Num ber				<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	9.38		1	A	1		4.50		
Energy		403		0	NC	4		193		
Energy	kJ	1685		0	NC	4		809		
Protein (N x 6.25)	g	20.75		1	A	1		9.96		
Total lipid (fat)	g	12.19		1	A	1		5.85		
Ash	-	5.19		1	A	1		2.49		
Carbohydrate, by difference	g	52.49		0	NC	4		25.20		
Fiber, total dietary		4.3		1	A	1		2.1		
Sugars, total	g	16.90		1	A	1		8.11		
Sucrose	g	9.26		1	A	1		4.44		
Glucose (dextrose)	g	1.05		1	A	1		0.50		
Fructose	g	0.37		1	A	1		0.18		
Lactose	g	0.00		1	A	1		0.00		
Maltose		6.22		1	A	1		2.99		
Galactose	g	0.00		1	A	1		0.00		
Starch		10.50		1	A	1		5.04		
Minerals:										
Calcium, Ca	mq	886		1	A	1		425		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	14.20		1	A	1		6.82		
Magnesium, Mg	-	329		1	A	1		158		
Phosphorus, P		785		1	A	1		377		
Potassium, K		412		1	A	1		198		
Sodium, Na	mg	386		1	A	1		185		
Zinc, Zn	mg	9.72		1	A	1		4.67		
Copper, Cu	mg	1.41	0	1	A	1		0.677		
Manganese, Mn	mg	2.59	0	1	A	1		1.243		
Selenium, Se	µg	62.5		1	A	1		30.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	68.0		1	A	1		32.6		
Thiamin	mg	0.12		1	A	1		0.058		
Riboflavin	-	3.00		1	A	1		1.440		
Niacin		37.10		1	A	1		17.808		
Pantothenic acid	•	15.90		1	A	1		7.632		
Vitamin B-6	-	2.40	0	1	A	1		1.152		
Folate, total		1057		1	A	1		507		
Folic acid		1023		1	A	1		491		
Folate, food	µg	34		0	AS	1		16		
Folate, DFE		1773		0	NC	4		851		
Choline, total		41.5		0	AS	1		19.9		
Betaine		1.7		1	A	1		0.8		
Vitamin B-12		6.40		1	A	1		3.07		
Vitamin B-12, added		6.40		0	NR	4		3.07		
Vitamin A, RAE		374		0	NC	4		180		
Retinol		374		0	0	4		180		
Carotene, beta		2		0	FLC	4		1		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		1251		0	NC	4		600		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		28		0	FLC	4		14		
Vitamin E (alpha-tocopherol)		8.40		0	LC	8		4.03		
Vitamin E, added		8.40		0	NR	4		4.03		
Tocopherol, beta		0.02		1	A	1		0.01		
Tocopherol, gamma		1.20		1	A	1		0.58		
Tocopherol, delta		0.42		1	A	1		0.20		
Tocotrienol, alpha	mq	0.66		1	A	1		0.32		

	<u>An</u>	ount in 10	0 grams	of edi	ble porti	<u>on</u>	Amount in e	dible portion	of common
			Aluma la a m					easures of foo	
			Number of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Weari	Stu. E i oi	1 011113	Oouc	Oouc	Oouc	weasure i	Measure 2	weasure 5
Tocotrienol, gammamg	0.0	0	1	A	1		0.00		
Tocotrienol, deltamg			1	A	1		0.00		
Vitamin D (D2 + D3)µg	3.1		0	LC	8		1.5		
Vitamin D2 (ergocalciferol)µg									
Vitamin D3 (cholecalciferol)µg									
Vitamin D	125		0	LC	8		60		
Vitamin K (phylloquinone)µg	40.8		1	A	1		19.6		
Dihydrophylloquinoneµg	0.0		1	A	1		0.0		
Menaquinone-4µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturatedg	5.5	23	0	NC	4		2.651		
4:0g	0.0		1	A	1		0.004		
6:0	0.0		1	A	1		0.002		
8:0g	0.0		1	A	1		0.040		
10:0g	0.1		1	A	1		0.071		
12:0g	2.2		1	A	1		1.091		
13:0g			_		_				
14:0g	0.9	00	1	A	1		0.432		
15:0g	0.0		1	A	1		0.000		
16:0g	1.2		1	A	1		0.608		
17:0g	0.0		1	A	1		0.004		
18:0g	0.5		1	A	1		0.246		
20:0g	0.0		1	A	1		0.039		
22:0g	0.1		1	A	1		0.074		
24:0g	0.0		1	A	1		0.039		
Fatty acids, total monounsaturatedg	2.9		0	NC	4		1.408		
14:1g	0.0		1	A	1		0.000		
15:1g	0.0		1	A	1		0.000		
16:1 undifferentiatedg	0.0		0	AS	1		0.006		
16:1 cg	0.0		1	A	1		0.006		
16:1 tg	0.0		1	A	1		0.000		
17:1g	0.0		1	A	1		0.001		
18:1 undifferentiatedg	2.8		0	AS	1		1.363		
18:1 cg	2.8		1	A	1		1.361		
18:1 tg	0.0	05	1	A	1		0.002		
18:1-11 t (18:1t n-7)									
20:1g	0.0	71	1	A	1		0.034		
22:1 undifferentiated	0.0		0	AS	1		0.003		
22:1 cg	0.0	07	1	A	1		0.003		
22:1 tg	0.0	00	1	A	1		0.000		
24:1 cg	0.0		1	A	1		0.000		
Fatty acids, total polyunsaturated	2.7	14	0	NC	4		1.303		
18:2 undifferentiatedg	2.5		0	AS	1		1.239		
18:2 n-6 c,cg	2.5	75	1	A	1		1.236		
18:2 CLAsg	0.0		1	A	1		0.000		
18:2 t,tg									
18:2 ig									
18:2 t not further definedg	0.0	07	1	A	1		0.003		
18:3 undifferentiatedg	0.1	24	0	AS	1		0.059		
18:3 n-3 c,c,c (ALA)g	0.1	24	1	A	1		0.059		
18:3 n-6 c.c.c	0.0	00	1	A	1		0.000		
18:3ig									
18:4g	0.0	00	1	A	1		0.000		
20:2 n-6 c,cg	0.0		1	A	1		0.001		
20:3 undifferentiatedg	0.0		0	AS	1		0.000		
20:3 n-3g	0.0		1	A	1		0.000		
20:3 n-6g	0.0		1	A	1		0.000		
20:4 undifferentiatedg	0.0		1	A	1		0.000		
20:4 n-6g									
20:5 n-3 (EPA)g	0.0	06	1	A	1		0.003		
21:5g									
22:4g	0.0	00	1	A	1		0.000		
22:5 n-3 (DPA)g	0.0		1	A	1		0.000		
							. ,		

	Amount in	100 grams	Amount in edible portion of common					
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std. Err	or Points		Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	1	A	1		0.000		
Fatty acids, total transg	0.012	0	NC	4		0.006		
Fatty acids, total trans-monoenoicg	0.005	0	NC	4		0.002		
Fatty acids, total trans-polyenoicg	0.007	0	NC	4		0.003		
Cholesterolmg	0	1	LC	8		0		
Phytosterolsmg						-		
Amino Acids:								
Tryptophang	0.330	0	A	1		0.158		
Threonineg	0.790	0	A	1		0.379		
Isoleucineg	0.950	0	A	1		0.456		
Leucineg	1.650	0	A	1		0.792		
Lysineg	1.020	0	A	1		0.490		
Methionineg	0.260	0	A	1		0.125		
Cystineg	0.250	0	A	1		0.120		
Phenylalanineg	1.110	0	A	1		0.533		
Tyrosineg	0.670	0	A	1		0.322		
Valineg	0.930	0	A	1		0.446		
Arginineg	1.700	0	A	1		0.816		
Histidineg	0.500	0	A	1		0.240		
Alanineg	0.990	0	A	1		0.475		
Aspartic acidg	2.530	0	A	1		1.214		
Glutamic acidg	4.180	0	A	1		2.006		
Glycineg	0.990	0	A	1		0.475		
Prolineg	1.630	0	A	1		0.782		
Serineg	1.190	0	A	1		0.571		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	7	0	FLC	4		4		
Theobrominemg	67	0	FLC	4		32		

Common Measures:

Measure 1 = 48g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		AIII	Ount in 10	o grains	orean	ble porti	<u>ion</u>	Amount in edible portion of common			
Nutrients and Proximates: Water				Number	•			<u>m</u>	easures of fo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Ur	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
			_								
	-	22.90	U	0	FLM	4		5.04			
		347		0	T	4		76			
		1452	•	0	T	4		319			
		7.72		1	MA	12		1.70			
• ' '		14.19		1 0	MA	12 12		3.12 0.66			
	-			1	MA	12		11.37			
•		51.68 5.2	8	1	MA MA	12		11.37			
Fiber, total dietary			•								
Sugars, total		27.0	3	1	MA	12		5.95			
Starch	g										
Minerals:											
Calcium, Ca		1209		1	MA	12		266			
Iron, Fe		2.2	1	1	MA	12		0.49			
Magnesium, Mg											
Phosphorus, P											
Potassium, K		260		1	363	10					
Sodium, NaZinc, Zn	-	260		1	MA	12		57			
Zinc, Zn Copper, Cu	• • • • • • • • • • • • • • • • • • • •										
Manganese, Mn											
Selenium, Se											
, and the second	P9										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		42.5		1	MA	12		9.3			
Thiamin	_										
Riboflavin	_										
Niacin	_										
Pantothenic acid		0.90	na	1	LC	8		0.200			
Vitamin B-6 Folate, total		182	09	1	LC	8		40			
Folic acid		182		0	LC	8		40			
Folate, food		0		0	LC	8		0			
Folate, DFE		309		0	NC	4		68			
Choline, total											
Betaine	_										
Vitamin B-12		2.73	3	1	LC	8		0.60			
Vitamin A, RAE											
Retinol	µg										
Carotene, beta	µg										
Carotene, alpha	µg										
Cryptoxanthin, beta											
Vitamin A, IU	IU	32		1	MA	12		7			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											
Lipids:											

	Amount in edible portion of common measures of food								
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg									
Fatty acids, total trans	0.0)37	1 0	MA T	12 4		0.008		

Common Measures:

Measure 1 = 22g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Nutrients and Units	Nutrients and Units			<u>Am</u>	ount in 10	u gram s	ot edil	ole porti	<u>ion</u>		edible portion	
Nutrients and Units	Nutrients and Units					Number	•			<u>m</u>	easures of fo	<u>od</u>
Proximates:	Proximates: Water					of Data	Deriv	Source	Confidence			
Water	Water	Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Water	Martin											
Fereity	Energy				_							
Decrey	Energy		_		0							
Protein	Procein.											
Total lipid (fag)	Total pipid (figh.)				-							
Ash. 9 5.00 0 PIM 4 1.10 Carbolydran, by difference 9 57.87 0 8 Ma 12 12.73 Fiber, trait dictury 9 4.6 1 Ma 12 12.73 Fiber, trait dictury 9 3.3.40 1 Ma 12 7.35 Surch. 9	Ash											
Carbolydate, by difference	Carbohydrate, by difference	•										
Fiber, cold dictury	Fiber, total dictary		_			-						
Sugars, total	Sugars, total	•										
Starch	Sanch											
Minerals:	Minerals:	_		33.4	0	1	MA	12		7.35		
Calcium, Ca.	Calcium Ca.	arch	9									
Iron, Fe	Iron, Fe											
Magnesium Mg.	Magnesium, Mg.											
Phosphons, P. mg Potassium, Na. mg 260 1 MA 12 57 Zine, Zn. mg May 260 1 MA 12 57 Zine, Zn. mg May Varian Coper, Co. Mg May Varian Coper, Co. Mg Manganese, Manganese, Manganese, Manganese, Manganese, Manganese, Manganese, Manganese, Mg Mg Varian Coper, Co. Mg Mg Varian Coper, Co. Mg <	Phosphorus, P.			1.8	8	1	MA	12		0.41		
Poussium K	Potassium K											
Sodium, Na.	Sodium, Na	•										
Zinc, Zn.	Zinc, Za					_						
Coper Cu	Соррег, Си		_	260		1	MA	12		57		
Mainganese, Mn.	Manganese, Mn.	,										
Selenium, Se.	Vitamins Vitamins											
Vitamins: Vitamin C, total ascorbic acid. mg 42.4 1 MA 12 9.3 Thiamin.	Vitamins: Vitamin C, total ascorbic acid. Mg 42.4 1 MA 12 9.3 Riboflavin. mg Riboflavin. mg Niacin. mg Nacin. mg Pantothenic acid. mg 1.364 1 LC 8 0.300 Folate, Cotal. µg 273 1 LC 8 60 Folate, Cod. µg 273 0 LC 8 60 Folate, Fod. µg 0 0 LC 8 60 Folate, Fod. µg 464 0 NC 4 102 Choline, total. mg 8 464 0 NC 4 102 Choline, total. mg 8 4.09 1 LC 8 0.90 Vitamin B-12. µg 4.09 1 LC 8 0.90 Vitamin A, RE µg Yitamin A, IU. Ng 1 Ng Ng Ng											
Vitamin C, total ascorbic acid.	Vitamin C, total ascorbic acid.	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	pg									
Thiamin	Thiamin											
Riboflavin	Riboflavin			42.4		1	MA	12		9.3		
Niacin.	Niacin		_									
Pantothenic acid	Pantothenic acid		_									
Vitamin B-6.	Vitamin B-6		_									
Folate, total	Folate, total				. .			•		0 200		
Folic acid	Folic acid				64							
Folate, food	Folate, food	, , , , , , , , , , , , , , , , , , ,										
Folate, DFE	Folate, DFE											
Choline, total	Choline, total									-		
Betaine	Betaine			101		U	NC	-		102		
Vitamin B-12	Vitamin B-12	. ,										
Vitamin A, RAE	Vitamin A, RAE			4.0	9	1	LC	8		0.90		
Retinol	Retinol			1.0	_	_	20	ŭ		0.50		
Carotene, beta	Carotene, beta											
Carotene, alpha	Carotene, alpha											
Cryptoxanthin, beta	Cryptoxanthin, beta	,										
Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, gamma mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, beta. mg Tocotrienol, gamma mg Tocotrienol, delta. mg Vitamin D (D2 + D3). µg Vitamin K (phylloquinone). µg Dihydrophylloquinone. µg Menaquinone-4. µg	Lycopene											
Lutein + zeaxanthin \$\mathref{\text{lg}}\$ Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) \$\mathref{\text{lg}}\$ Vitamin D \$\mathref{\text{lU}}\$ Vitamin K (phylloquinone) \$\mathref{\text{lg}}\$ Dihydrophylloquinone \$\mathref{\text{lg}}\$ Menaquinone-4 \$\mathref{\text{lg}}\$	Lutein + zeaxanthin	tamin A, IU	<u>IU</u>	32		1	MA	12		7		
Vitamin E (alpha-tocopherol)	Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocotrienol, delta mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin D l/ Vitamin K (phylloquinone) µg Dihydrophylloquinone µg	copene	µg									
Tocopherol, beta	Tocopherol, beta	tein + zeaxanthin	µg									
Tocopherol, gamma	Tocopherol, gamma mg Tocopherol, delta mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin D , lU Vitamin K (phylloquinone) µg Dihydrophylloquinone µg	tamin E (alpha-tocopherol)	mg									
Tocopherol, delta	Tocopherol, delta	•										
Tocotrienol, alpha	Tocotrienol, alpha											
Tocotrienol, beta	Tocotrienol, beta	•										
Tocotrienol, gamma	Tocotrienol, gamma	, 1	_									
Tocotrienol, delta	Tocotrienol, delta											
Vitamin D (D2 + D3)	Vitamin D (D2 + D3)	. 0										
Vitamin D	Vitamin D	*	_									
Vitamin K (phylloquinone)	Vitamin K (phylloquinone)µg Dihydrophylloquinoneµg											
Dihydrophylloquinone	Dihydrophylloquinoneµ9											
Menaquinone-4µ9		• • •										
•	אןד-onoquinono-											
<u>Lipids:</u>		спачинопс-4	#9									
	<u>Lipids:</u>	ids:_										

	Amount in edible portion of common measures of food							
Nutrients and Units	Mean Std	of Data . Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.037 2	1 1	MA MA	12 12		0.008 0		

Common Measures:

Measure 1 = 22g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 25004 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar

Lipids:

		Am	ount in 100	grams	ot edil	oie portioi	<u>n</u>	Amount in edible portion of common			
			ı	Num ber					easures of fo		
						Source C	onfidence	·			
Nutrients and Un	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nati lents and on		Wean	ota. E i oi					WCasarc 1	Wicasure 2	Wedsure	
Proximates:											
Water	g	12.9	0	0	FLM	4		7.10			
Energy	kcal	396		0	MA	12		218			
Energy		1657		0	MA	12		911			
Protein		24.2	9	1	MA	12		13.36			
Total lipid (fat)		13.1	2	1	MA	12		7.21			
Ash		3.0		0	FLM	4		1.65			
Carbohydrate, by difference	-	47.2		1	MA	12		25.98			
Fiber, total dietary		2.5		1	MA	12		1.4			
•		32.8		1	MA	12		18.07			
Sugars, total	-	32.6	0		MA	12		10.07			
Minerals:											
Calcium, Ca	ma	965		1	MA	12		531			
Iron, Fe	_	,,,,		-							
Magnesium, Mg	_	255		1	LC	8		140			
Phosphorus, P	_	455		1	LC	8		250			
Potassium, K				_		-					
Sodium, Na	_	462		1	MA	12		254			
Zinc, Zn	_	9.5	5	1	LC	8		5.25			
Copper, Cu	_										
Manganese, Mn											
Selenium, Se											
Vitamins:											
Vitamin C, total ascorbic acid	ma	144.4		1	MA	12		79.4			
Thiamin		2.7		1	LC	8		1.500			
Riboflavin	_	3.0		1	LC	8		1.700			
Niacin	_	36.3		1	LC	8		20.000			
Pantothenic acid		18.1		1	LC	8		10.000			
Vitamin B-6	_	3.6		1	LC	8		2.000			
Folate, total	_	727	50	1	LC	8		400			
Folic acid		727		0	LC	8		400			
Folate, food		0		0	LC	8		0			
,		1236		0	NC	4		680			
Folate, DFE		1230		U	NC	-		000			
Choline, total	_										
Vitamin B-12		10.9	1	1	LC	8		6.00			
		10.9	_		ъс	8		0.00			
Vitamin A, RAE Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		3637		1	MA	12		2000			
Lycopene		3037		_				2000			
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)		24.5	5	0	NR	4		13.50			
Tocopherol, beta		21.5	3	•	2120	-		13.30			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
· · · · · · · · · · · · · · · · · · ·	_										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	µg										

	Amount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error				confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	4.728	1	МА	12		2.600		
Fatty acids, total trans	0.204 4	1	MA MA	12 12		0.112 2		

Common Measures:

Measure 1 = 55g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 25006 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar

Refuse:0%

		<u>Am</u>	ount in 10			ole porti	<u>on</u>		edible portion easures of fo	
Nutrients and Un	its	Mean	Std. Error		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		14.04		-	==					
Water	-	14.00 343	J	1 0	FLM	4		7.70		
Energy		343 1435		0	MA MA	12		189 789		
Energy		22.35	=	1	MA MA	12 12		12.29		
Protein	-	8.99		1	MA	12		4.94		
Total lipid (fat)		3.00		1	MA FLM	4		1.65		
Ash	-	52.47		0	MA	12		28.86		
Carbohydrate, by difference		10.5	,	1	MA	12		5.8		
Fiber, total dietary Sugars, total		22.67	7	1	MA	12		12.47		
		22.0	,	1	МА	12		12.4/		
Starch	9									
Minerals:										
Calcium, Ca	<u>mg</u>	1495		0	MA	12		822		
Iron, Fe	mg	17.95	5	1	MA	12		9.87		
Magnesium, Mg		317		1	MA	12		174		
Phosphorus, P		566		1	MA	12		311		
Potassium, K	-									
Sodium, Na	-	333	_	1	MA	12		183		
Zinc, Zn		13.57	7	1	MA	12		7.47		
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	µу									
Vitamins:										
Vitamin C, total ascorbic acid	-	176.2		0	MA	12		96.9		
Thiamin										
Riboflavin	-	45.0		_				04 000		
Niacin		45.24		1 1	MA	12 4		24.887		
Pantothenic acid	-	22.62 4.52		1	FLM FLM	4		12.443 2.489		
Vitamin B-6 Folate, total		905	25	1	FLM	4		498		
Folic acid		905		0	LC	8		498		
Folate, food		0		0	NR	4		0		
Folate, DFE		1538		0	NC	4		846		
Choline, total										
Betaine										
Vitamin B-12	-	13.57	7	1	FLM	4		7.47		
Vitamin A, RAE										
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha										
Cryptoxanthin, beta				_		_				
Vitamin A, IU		4445		1	FLM	4		2445		
Lycopene										
Lutein + zeaxanthin		30.50	n	0	т	4		16.78		
Vitamin E (alpha-tocopherol)		30.50	,	U	Т	4		10./0		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	110									

	Amount in edible portion of common measures of food						
Nutrients and Units	Mean Std. Erro	of Data De	riv Source de Code	Confidence Code	Measure 1	Measure 2	Measure 3
		-					
Fatty acids, total saturatedg Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg	4.847	1 F	FLM 4		2.666		
Fatty acids, total trans	0.103 4		FLM 4 FLM 4		0.057 2		

Common Measures:

Measure 1 = 55g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 25016 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors

		Amour	nt in 100 gr	ams	ot edil	oie portio	<u>n</u>	Amount in e	dible portion	of common
			Nun	nber	•			<u>m</u>	easures of fo	od
						Source C	Confidence			
Nutrients and Ur	nite	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure
Nutrients and or	iits	Weari Ste						Wicasure i	Weasure 2	wicasuie .
Proximates:										
Water	g	14.00		1	FLM	4		7.70	6.16	
Energy	_	386		0	NC	4		212	170	
Energy	kJ	1615		0	NC	4		888	711	
Protein	g	21.91	1.220	4	MA	12		12.05	9.64	
Total lipid (fat)		10.79	1.382	4	MA	12		5.93	4.75	
Ash		3.00		2	FLM	4		1.65	1.32	
Carbohydrate, by difference	g	50.30		0	NC	4		27.67	22.13	
Fiber, total dietary		6.7	2.340	4	MA	12		3.7	2.9	
Sugars, total	g	28.71	2.557	4	MA	12		15.79	12.63	
Sucrose		14.27		0	FLA	4		7.85	6.28	
Glucose (dextrose)		8.61		0	FLA	4		4.73	3.79	
Fructose		0.48		0	FLA	4		0.26	0.21	
Lactose	g	0.00		0	FLA	4		0.00	0.00	
Maltose		5.35		0	FLA	4		2.94	2.35	
Galactose	g	0.00		0	FLA	4		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca	mg	754	205.232	3	MA	12		415	332	
Iron, Fe	mg	16.31		2	MA	12		8.97	7.18	
Magnesium, Mg		317		1	MA	12		174	139	
Phosphorus, P		455		1	LC	8		250	200	
Potassium, K	-	351		0	FLA	4		193	155	
Sodium, Na	-	383	34.415	4	MA	12		210	168	
Zinc, Zn		11.88		1	ГC	8		6.53	5.23	
Copper, Cu		0.452		1	ГC	8		0.249	0.199	
Manganese, Mn		1.058 4.5		0	FLA FLA	4 4		0.582 2.5	0.465 2.0	
		1.5		ŭ		•		2.5	2.0	
/itamins: Vitamin C, total ascorbic acid	ma	489.9	334.982	4	MA	12		269.5	215.6	
Thiamin	-	2.949	0.222	3	LC	8		1.622	1.298	
Riboflavin	-	3.343	0.252	3	LC	8		1.838	1.471	
Niacin	-	45.249	0,1202	1	MA	12		24.887	19.910	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	22.624		1	LC	8		12.443	9.955	
Vitamin B-6		4.525		1	LC	8		2.489	1.991	
Folate, total	-	816		2	LC	8		449	359	
Folic acid		408		0	NR	4		224	180	
Folate, food		408		2	LC	8		224	180	
Folate, DFE	1.1	1102		0	NC	4		606	485	
Choline, total	mg	18.0		0	FLA	4		9.9	7.9	
Betaine	mg									
Vitamin B-12	µg	12.24		2	LC	8		6.73	5.39	
Vitamin B-12, added	µg	12.04		0	NR	4		6.62	5.30	
Vitamin A, RAE	µg	62		0	NC	4		34	27	
Retinol	µg	62		0	FLA	4		34	27	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU		209		0	NC	4		115	92	
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		27.53		0	0	4		15.14	12.11	
Vitamin E, added		27.53		0	NR	4		15.14	12.11	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									

	<u>Am</u>	ount	in 100	grams	Amount in edible portion of common				
				Num ber				easures of foo	
						Source Confidence	_		
Nutrients and Units	Mean	Std.	Error	Points		Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta	-								
Vitamin D (D2 + D3)				1	LC	8	2.5	2.0	
Vitamin D				1	LC FLA	8 4	100 1.0	80	
Vitamin K (phylloquinone) Dihydrophylloquinone				0	FLA	4	0.0	0.8 0.0	
Menaquinone-4				Ū	LUA	*	0.0	0.0	
Lipids:									
Fatty acids, total saturated	g 4.7	53		0	NC	4	2.614	2.091	
4:0	g 0.1	45		0	FLA	4	0.080	0.064	
6:0	=			0	FLA	4	0.028	0.023	
8:0	-			0	FLA	4	0.017	0.013	
10:0	=			0 0	FLA	4	0.032	0.025	
12:0 13:0	•			0	FLA FLA	4	0.034 0.000	0.027 0.000	
14:0	•			0	FLA	4	0.115	0.092	
15:0	•			0	FLA	4	0.010	0.008	
16:0	-			0	FLA	4	1.258	1.006	
17:0	-	18		0	FLA	4	0.010	0.008	
18:0	g 1.8	22		0	FLA	4	1.002	0.802	
20:0	g 0.0	48		0	FLA	4	0.026	0.021	
22:0				0	FLA	4	0.003	0.002	
24:0				0	FLA	4	0.000	0.000	
Fatty acids, total monounsaturated				0 0	NC	4 4	2.156	1.725	
14:1 15:1				0	FLA FLA	4	0.010 0.000	0.008	
16:1 undifferentiated	•			0	FLA	4	0.025	0.020	
17:1	-			0	FLA	4	0.003	0.002	
18:1 undifferentiated	•			0	FLA	4	2.091	1.673	
20:1	-	49		0	FLA	4	0.027	0.022	
22:1 undifferentiated	.g 0.0	00		0	FLA	4	0.000	0.000	
24:1 c	g 0.0	00		0	FLA	4	0.000	0.000	
Fatty acids, total polyunsaturated				0	NC	4	1.054	0.843	
18:2 undifferentiated				0	FLA	4	1.035	0.828	
18:3 undifferentiated	-			0 0	FLA	4	0.019 0.000	0.015 0.000	
18:4 20:2 n-6 c,c				0	FLA FLA	4	0.000	0.000	
20:3 undifferentiated				0	FLA	4	0.000	0.000	
20:4 undifferentiated				0	FLA	4	0.000	0.000	
20:5 n-3 (EPA)	•			0	FLA	4	0.000	0.000	
21:5	g 0.0	00		0	FLA	4	0.000	0.000	
22:4	g 0.0	00		0	FLA	4	0.000	0.000	
22:5 n-3 (DPA)	-			0	FLA	4	0.000	0.000	
22:6 n-3 (DHA)	-			0	FLA	4	0.000	0.000	
Fatty acids, total trans		51	0.0		MA	12	0.083	0.066	
CholesterolPhytosterols	•			1	MA	12	2	2	
Amino Acids:									
Tryptophan	.g 0.2	21		0	FLA	4	0.122	0.097	
Threonine				0	FLA	4	0.375	0.300	
Isoleucine				0	FLA	4	0.458	0.366	
Leucine				0	FLA	4	0.773	0.618	
Lysine				0 0	FLA	4	0.535	0.428	
Methionine				0	FLA FLA	4	0.146 0.130	0.117	
CystinePhenylalanine	•			0	FLA	4	0.130	0.104 0.429	
Tyrosine	•			0	FLA	4	0.405	0.429	
Valine	•			0	FLA	4	0.494	0.324	
Arginine	•			0	FLA	4	0.918	0.735	
Histidine	•			0	FLA	4	0.267	0.213	
Alanine		64		0	FLA	4	0.420	0.336	
Aspartic acid	g 2.1	75		0	FLA	4	1.196	0.957	
	.g 3.8			0	FLA	4	2.105	1.684	

NDB No. 25016

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors

	<u>An</u>	nount in 10	0 grams	Amount in edible portion of common						
			Number				<u>m</u>	easures of foo	of food	
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
Glycineg	0.8	881	0	FLA	4		0.484	0.388		
Prolineg	1.0	61	0	FLA	4		0.584	0.467		
Serineg	0.9	67	0	FLA	4		0.532	0.426		
Hydroxyprolineg	0.0	000	0	FLA	4		0.000	0.000		
Others:										
Alcohol, ethylg	0.0)	0	FLA	4		0.0	0.0		
Caffeinemg	6		0	FLA	4		3	2		
Theobrominemg	57		0	FLA	4		31	25		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 bar Measure 2 = 44g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 25008 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar

Refuse:0%

		Am	ount in 10	u gram s	ot edil	oie portic	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence				
Nutrients and Ur	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		9.50)	0	FLM	4		5.23			
Energy	kcal	378		0	NC	4		208			
Energy	kJ	1582		0	NC	4		870			
Protein	g	22.50)	1	MA	12		12.38			
Total lipid (fat)		7.87		0	MA	12		4.33			
Ash		5.00)	0	FLM	4		2.75			
Carbohydrate, by difference		54.30)	0	MA	12		29.86			
Fiber, total dietary	g	11.0		1	MA	12		6.0			
Sugars, total	g	26.26	5	1	MA	12		14.44			
Starch	g										
Minerals:											
Calcium, Ca	mg										
Iron, Fe	_	18.19	5	0	MA	12		9.98			
Magnesium, Mg	mg	317		1	LC	8		174			
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	_	318		1	MA	12		175			
Zinc, Zn	_	11.88		1	LC	8		6.53			
Copper, Cu		0.45	52	1	LC	8		0.249			
Manganese, Mn											
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	<u>m</u> g	176.4		1	MA	12		97.0			
Thiamin	mg	3.39	94	1	LC	8		1.867			
Riboflavin	mg	3.84	16	1	LC	8		2.115			
Niacin	mg	45.24	19	1	LC	8		24.887			
Pantothenic acid	_	22.62		1	LC	8		12.443			
Vitamin B-6	_	4.52	25	1	LC	8		2.489			
Folate, total		905		1	LC	8		498			
Folic acid		904		0	NR	4		497			
Folate, food		0 1537		0	NR	4 4		0 845			
Folate, DFE		1537		U	NC	4		845			
Choline, total	_										
Betaine Vitamin B-12	_	13.57	7	1	LC	8		7.47			
Vitamin A, RAE		13.3	•	_	шс	o		7.47			
Retinol											
Carotene, beta											
Carotene, alpha	µg										
Cryptoxanthin, beta											
Vitamin A, IU		4451		1	MA	12		2448			
Lycopene	µg										
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg	30.50)	0	NR	4		16.78			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		4.5		1	LC	8		2.5			
Vitamin D (D2 + D3) Vitamin D		181		1	LC	8		100			
Vitamin K (phylloquinone)		101		-		Ū		_00			
Dihydrophylloquinone											
Menaquinone-4											
quinone											

	Amount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg Fatty acids, total monounsaturatedg	4.481	1	MA	12		2.465		
Fatty acids, total polyunsaturated	0.052	1	MA	12		0.029		

Common Measures:

Measure 1 = 55g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 25005 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR

Lipids:

		Am	ount in 10	u gram s	ot edil	ole portion	<u>1</u>	Amount in edible portion of common			
				Number				m	easures of fo	od	
						Source C	onfidence				
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:_											
Water	g	7.9	9	0	FLM	4		4.39			
Energy	kcal	422		0	NC	4		232			
Energy	kJ	1764		0	NC	4		970			
Protein	g	18.4	9	1	MA	12		10.17			
Total lipid (fat)		13.1	8	1	MA	12		7.25			
Ash		3.0	7	0	FLM	4		1.69			
Carbohydrate, by difference		57.2	7	0	NC	4		31.50			
Fiber, total dietary		2.8		1	MA	12		1.5			
Sugars, total		33.0		1	MA	12		18.17			
Starch	_	33.0	4		MA	12		10.17			
Minerals:											
Calcium, Ca	ma	953		1	MA	12		524			
Iron, Fe	_	14.6	7	1	MA	12		8.07			
Magnesium, Mg	_	255	•	1	LC	8		140			
Phosphorus, P		455		1	LC	8		250			
Potassium, K		155		_		Ü		230			
Sodium, Na	•	418		1	MA	12		230			
Zinc, Zn	_	9.5	5	1	LC	8		5.25			
	_	9.3	3	_	ъс	8		3.23			
Copper, Cu											
Manganese, Mn											
Vitamins:											
Vitamin C, total ascorbic acid	ma	144.3		1	MA	12		79.4			
Thiamin	_	2.7		1	LC	8		1.500			
Riboflavin	_	3.0		1	LC	8		1.700			
Niacin	_	36.3		1	LC	8		20.000			
		18.1		1	LC	8		10.000			
Pantothenic acid	_	3.6		1	LC	8		2.000			
Vitamin B-6	_		36	1		8					
Folate, total		727 727		1	LC LC	8		400 400			
Folic acid		0		0		4		400			
Folate, food				0	NC	4		680			
Folate, DFE		1236		U	NC	4		680			
Choline, total	_										
Betaine	_		_	_		•					
Vitamin B-12		10.9	1	1	LC	8		6.00			
Vitamin A, RAE											
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta		2122									
Vitamin A, IU		3182		0	MA	12		1750			
Lycopene											
Lutein + zeaxanthin			_	_							
Vitamin E (alpha-tocopherol)		24.5	7	0	NR	4		13.51			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D	IU										
Vitamin K (phylloquinone)	µg										
Dihydrophylloquinone	µg										
Menaquinone-4	ug										

	Amount in 10	Number		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Erro			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg Fatty acids, total monounsaturatedg	4.794	1	MA	12	2.637		
Fatty acids, total polyunsaturated	0.197 3	1 1	MA MA	12 12	0.108 2		

Common Measures:

Measure 1 = 55g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 25015 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush

		<u>Am ou</u>	ınt in 100	<u>gram s</u>	of edil	ole portio	<u>n</u>	Amount in e	dible portion	of common
			N	umber					easures of foo	
					Deriv	Source C	onfidence			
Nutrients and l	Jnits	Mean St	d. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		9.00		0	0	4		7.20		
Energy		415		0	NC	4		332		
Energy		1734		0	NC	4		1387		
Protein (N x 6.25)		25.00		1	LC	8		20.00		
Total lipid (fat)		12.50		1	LC	8		10.00		
Ash		3.00		0	0	4		2.40		
Carbohydrate, by difference		50.50		0	NC	4		40.40		
Fiber, total dietary		12.5		1	LC	8		10.0		
Sugars, total		28.75		1	LC	8		23.00		
Sucrose										
Glucose (dextrose)										
Fructose										
Lactose										
Maltose										
Galactose										
Minerals:										
Calcium, Ca	ma	625		1	LC	8		500		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	10.13		1	LC	8		8.10		
Magnesium, Mg		175		1	LC	8		140		
Phosphorus, P	-	375		1	LC	8		300		
Potassium, K		188		1	LC	8		150		
Sodium, Na		238		1	LC	8		190		
Zinc, Zn		6.56		1	LC	8		5.25		
Copper, Cu	mg	0.977		0	FLC	4		0.782		
Manganese, Mn	mg	1.322		0	FLC	4		1.058		
Selenium, Se	µg	3.9		0	FLC	4		3.1		
Vitamins:										
Vitamin C, total ascorbic acid	-	75.0		1	LC	8		60.0		
Thiamin	-	1.875		1	LC	8		1.500		
Riboflavin	-	2.125		1	LC	8		1.700		
Niacin	-	25.000		1 1	LC	8 8		20.000		
Pantothenic acid Vitamin B-6	•	12.500 2.500		1	LC LC	8 8		10.000 2.000		
Folate, total	-	500		1	LC	8		400		
Folic acid		500		0	0	4		400		
Folate, food	· -	0		0	z	7		0		
Folate, DFE		850		0	NC	4		680		
Choline, total		1.7		0	FLC	4		1.4		
Betaine		0.0		0	FLC	4		0.0		
Vitamin B-12	-	7.50		1	LC	8		6.00		
Vitamin B-12, added		7.40		0	0	4		5.92		
Vitamin A, RAE	µg	652		0	NC	4		521		
Retinol	µg	651		0	0	4		521		
Carotene, beta	µg	10		0	FLC	4		8		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		2188		1	LC	8		1750		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		16.88		1	LC	8		13.50		
Vitamin E, added		16.00		0	0	4		12.80		
Tocopherol, beta		0.00		0	FLC	4		0.00		
Tocopherol, gamma		0.00 0.00		0	FLC FLC	4 4		0.00 0.00		
Tocopherol, delta		0.00		0	FLC	4		0.00		
Tocotrienol, alpha	mg	0.00		0	FLC	4		0.00		

		<u>Am c</u>	ount in 10	0 grams	of edil	ble porti	on	Amount in e	dible portion o	f common
				Number					easures of foo	
Nutrients and Units	Mea	ın S	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma		0.00		0	FLC	4		0.00		
Tocotrienol, delta Vitamin D (D2 + D3)	-	0.00 3.8		0	FLC NR	4 4		0.00 3.0		
Vitamin D2 (ergocalciferol)		3.0		ŭ	1111	•		3.0		
Vitamin D3 (cholecalciferol)		_				_				
Vitamin D Vitamin K (phylloquinone)		0.4		1 0	LC FLC	8 4		120 8.3		
Dihydrophylloquinone		0.0		0	FLC	4		0.0		
Menaquinone-4	.µg									
Lipids:										
Fatty acids, total saturated		6.250		1	LC	8		5.000		
4:0 6:0	_	0.074		0	FLC FLC	4 4		0.059 0.021		
8:0	_	0.016		0	FLC	4		0.013		
10:0	=	0.030		0	FLC	4		0.024		
12:0		0.031		0	FLC FLC	4 4		0.025 0.000		
14:0		0.124		0	FLC	4		0.099		
15:0	•	0.009		0	FLC	4		0.007		
16:0 17:0	•	1.564		0	FLC FLC	4 4		1.251 0.007		
18:0	•	1.008		0	FLC	4		0.807		
20:0	_	0.023		0	FLC	4		0.018		
22:0	_	0.002		0	FLC FLC	4 4		0.002 0.000		
24:0Fatty acids, total monounsaturated		2.645		0	FLC	4		2.116		
14:1		0.009	•	0	FLC	4		0.007		
15:1		0.000		0	FLC	4		0.000		
16:1 undifferentiated		0.038		0	FLC FLC	4 4		0.031 0.002		
18:1 undifferentiated		2.572		0	FLC	4		2.058		
20:1		0.023		0	FLC	4		0.018		
22:1 undifferentiated 24:1 c	_	0.000		0	FLC FLC	4 4		0.000		
Fatty acids, total polyunsaturated		2.892		0	FLC	4		2.314		
18:2 undifferentiated	g	2.671		0	FLC	4		2.137		
18:3 undifferentiated	_	0.220		0	FLC FLC	4 4		0.176 0.000		
20:2 n-6 c,c	_	0.000		0	FLC	4		0.000		
20:3 undifferentiated	g	0.000		0	FLC	4		0.000		
20:4 undifferentiated		0.001		0 0	FLC FLC	4 4		0.001		
20:5 n-3 (EPA) 21:5		0.000	,	U	FLC	4		0.000		
22:4										
22:5 n-3 (DPA)		0.000		0	FLC FLC	4 4		0.000		
22:6 n-3 (DHA) Fatty acids, total trans		0.000		1	LC	8		0.000		
Cholesterol		6		1	FLC	4		5		
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.314		0	FLC	4		0.251		
Threonine Isoleucine	_	0.956		0	FLC FLC	4 4		0.765 0.925		
Leucine	=	1.937		0	FLC	4		1.550		
Lysine		1.414		0	FLC	4		1.131		
Methionine Cystine		0.345		0	FLC FLC	4 4		0.276 0.266		
Phenylalanine		1.337		0	FLC	4		1.070		
Tyrosine		0.997		0	FLC	4		0.797		
ValineArginine		1.208		0	FLC FLC	4 4		0.967 1.805		
Histidine		0.671		0	FLC	4		0.537		
Alanine		1.067	7	0	FLC	4		0.853		

NDB No. 25015

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush

	Amount in	100 grams	<u>n</u>	Amount in edible portion of common				
		Number				<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Err				Confidence Code	Measure 1	Measure 2	Measure 3
N :	1.067		FLC	4				
Alanineg Aspartic acidg	3.032	0	FLC	4		2.425		
Glutamic acidg	5.185	0	FLC	4		4.148		
Glycineg	1.209	0	FLC	4		0.967		
Prolineg	1.424	0	FLC	4		1.139		
Serineg	1.352	0	FLC	4		1.081		
Hydroxyprolineg	0.000	0	FLC	4		0.000		
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	3	0	FLC	4		2		
Theobrominemg	28	0	FLC	4		22		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am</u>	ount in 100	grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
			1	Number					easures of fo	
				of Data	Deriv	Source C	onfidence			
Nutrients and l	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Day to day										
Proximates: Water	g	9.83		1	A	1		6.68		
Energy	kcal	363		0	NC	4		247		
Energy		1519		0	NC	4		1033		
Protein (N x 6.1)		14.15		1	A	1		9.62		
Total lipid (fat)		3.11		1	A	1		2.11		
Ash		3.28		1	A	1		2.23		
Carbohydrate, by difference	g	69.63		0	NC	4		47.35		
Fiber, total dietary		5.7		1	A	1		3.9		
Sugars, total		30.07		1	A	1		20.45		
Sucrose		0.52		1	A	1		0.35		
Glucose (dextrose)		11.94		1	A	1		8.12		
FructoseFructose		15.96		1	A	1		10.85		
LactoseLactose	g	0.00		1	A	1		0.00		
Maltose		1.65		1	A	1		1.12		
Galactose		0.00		1	A	1		0.00		
Starch		18.70		1	A	1		12.72		
	9	20070		_		_				
Minerals:										
Calcium, Ca	mg	504		1	A	1		343		
Iron, Fe	mg	11.70		1	A	1		7.96		
Magnesium, Mg	mg	248		1	A	1		169		
Phosphorus, P		614		1	A	1		418		
Potassium, K		362		1	A	1		246		
Sodium, Na		308		0	LC	8		209		
Zinc, Zn		9.96		1	A	1		6.77		
Copper, Cu		1.43		1	A	1		0.972		
Manganese, Mn		1.61 7.8	O	1 1	A A	1 1		1.095 5.3		
Selenium, Se	µg	7.8		1	А	1		5.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	92.3		0		8		62.8		
Thiamin	_	8.06		1	A	1		5.481		
Riboflavin	• • • • • • • • • • • • • • • • • • • •	1.92		1	A	1		1.306		
Niacin	• • • • • • • • • • • • • • • • • • • •	32.60		1	A	1		22.168		
Pantothenic acid	•	15.90		1	A	1		10.812		
Vitamin B-6		2.20	0	1	A	1		1.496		
Folate, total		615		0	NR	4		418		
Folic acid		615		0	NR	4		418		
Folate, food		0		0	Z	7		0		
Folate, DFE		1046		0	NC	4		711		
Choline, total		18.4		0	AS	1		12.5		
Betaine		4.3		1	A	1		2.9		
Vitamin B-12		5.60		1	A	1		3.81		
Vitamin B-12, added		5.60		0	0	4		3.81		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Carotene, beta		0		0	z	7		0		
Carotene, alpha		0		0	Z	7		0		
Cryptoxanthin, beta		0		0	Z	7		0		
Vitamin A, IU		U 2		0	NC	4		0		
Lycopene		0		0	Z	7		0		
Lutein + zeaxanthin		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		8.28		1	A	1		5.63		
Vitamin E, added		8.28		0	0	4		5.63		
Tocopherol, beta		0.01		1	A	1		0.01		
Tocopherol, gamma		0.33		1	A	1		0.22		
Tocopherol, delta		0.05		1	A	1		0.03		
Tocotrienol, alpha	g	1.04		1 1	A	1		0.71		

	<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>on</u>	Amount in e	dible portion o	of common
			Number					easures of foo	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.0	8	1	A	1		0.05		
Tocotrienol, deltag	0.0	0	1	A	1		0.00		
Vitamin D (D2 + D3)	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg									
Vitamin D	0		0	z	7		0		
Vitamin K (phylloquinone)µg	1.1		1	A	1		0.7		
Dihydrophylloquinoneµg	0.0		1	A	1		0.0		
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturated	1.3	20	0	NC	4		0.897		
4:0g	0.0		1	A	1		0.000		
6:0g	0.0		1	A -	1		0.000		
8:0g	0.0		1 1	A A	1 1		0.000		
10:0g 12:0g	0.0		1	A	1		0.000		
13:0			_		_		0.002		
14:0g	0.0	13	1	A	1		0.009		
15:0g	0.0	00	1	A	1		0.000		
16:0g	0.6		1	A	1		0.438		
17:0g	0.0		1	A -	1		0.003		
18:0g 20:0g	0.6		1 1	A A	1 1		0.430 0.013		
20:0g 22:0g	0.0		1	A	1		0.003		
24:0g	0.0		1	A	1		0.000		
Fatty acids, total monounsaturatedg	1.0	50	0	NC	4		0.714		
14:1g	0.0	00	1	A	1		0.000		
15:1g	0.0		1	A	1		0.000		
16:1 undifferentiated	0.0		0	AS	1		0.006		
16:1 cg 16:1 tg	0.0		1 1	A A	1 1		0.006 0.000		
17:1g	0.0		1	A	1		0.000		
18:1 undifferentiated	1.0		0	AS	1		0.701		
18:1 cg	1.0	25	1	A	1		0.697		
18:1 tg	0.0	06	1	A	1		0.004		
18:1-11 t (18:1t n-7)		1.0		_					
20:1g 22:1 undifferentiatedg	0.0		1 0	A As	1 1		0.007 0.000		
22:1 cg	0.0		1	A	1		0.000		
22:1 t	0.0		1	A	1		0.000		
24:1 cg	0.0	00	1	A	1		0.000		
Fatty acids, total polyunsaturatedg	0.5	89	0	NC	4		0.401		
18:2 undifferentiatedg	0.5		0	AS	1		0.384		
18:2 n-6 c,cg	0.5		1	A	1		0.381		
18:2 CLAs	0.0	00	1	A	1		0.000		
18:2 ig									
18:2 t not further definedg	0.0	04	1	A	1		0.003		
18:3 undifferentiatedg	0.0	25	0	AS	1		0.017		
18:3 n-3 c,c,c (ALA)g	0.0		1	A	1		0.017		
18:3 n-6 c,c,c	0.0	00	1	A	1		0.000		
18:3ig 18:4g	0.0	0.0	1	A	1		0.000		
20:2 n-6 c.c	0.0		1	A	1		0.000		
20:3 undifferentiated	0.0		0	AS	1		0.000		
20:3 n-3g	0.0		1	A	1		0.000		
20:3 n-6g	0.0	00	1	A	1		0.000		
20:4 undifferentiatedg	0.0	00	1	A	1		0.000		
20:4 n-6		00	-	•	1		0.000		
20:5 n-3 (EPA)g 21:5g	0.0	00	1	A	1		0.000		
21:5									
22:5 n-3 (DPA)g	0.0	00	1	A	1		0.000		
,									

	Amount in	100 grams	of edi	Amount in edible portion of common				
		Numbei				<u>m</u>	easures of fo	<u>od</u>
		of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std. Err	or Points		Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	1	A	1		0.000		
Fatty acids, total transg	0.010	0	NC	4		0.006		
Fatty acids, total trans-monoenoicg	0.006	0	NC	4		0.004		
Fatty acids, total trans-polyenoicg	0.004	0	NC	4		0.003		
Cholesterolmg	0	1	A	1		0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.190	0	A	1		0.129		
Threonineg	0.540	0	A	1		0.367		
Isoleucineg	0.660	0	A	1		0.449		
Leucineg	1.330	0	A	1		0.904		
Lysineg	0.980	0	A	1		0.666		
Methionineg	0.290	0	A	1		0.197		
Cystineg	0.220	0	A	1		0.150		
Phenylalanineg	0.740	0	A	1		0.503		
Tyrosineg	0.270	0	A	1		0.184		
Valineg	0.830	0	A	1		0.564		
Arginineg	0.610	0	A	1		0.415		
Histidineg	0.360	0	A	1		0.245		
Alanineg	0.510	0	A	1		0.347		
Aspartic acidg	1.250	0	A	1		0.850		
Glutamic acidg	3.100	0	A	1		2.108		
Glycineg	0.420	0	A	1		0.286		
Prolineg	1.230	0	A	1		0.836		
Serineg	0.860	0	A	1		0.585		
Hydroxyprolineg	0.090	1	A	1		0.061		
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 68g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Slim-Fast Foods Company

		<u>Am</u>	ount in 100	grams	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of fo	od_	
						Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	10.8	7	1	A	1		5.98			
Energy	-	386	,	0	NC	4		212			
				0		4		888			
Energy		1615 16.19	•	1	NC A	1		8.90			
Protein (N x 6.25)	=			0		4					
Total lipid (fat)		8.92		-	T	1		4.91			
Ash	_	3.83		1	A			2.10			
Carbohydrate, by difference		60.2	L	0	NC	4		33.12			
Fiber, total dietary		5.1	_	1	A	1		2.8			
Sugars, total		25.00		0	LC	8		13.75			
Sucrose	g	7.58		1	A	1		4.17			
Glucose (dextrose)		1.24		1	A	1		0.68			
Fructose	g	0.53		1	A	1		0.29			
Lactose		0.00		1	A	1		0.00			
Maltose	g	10.04		1	A	1		5.52			
Galactose	g	5.62	2	1	A	1		3.09			
Starch	g	9.60	0	1	A	1		5.28			
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	668		1	A	1		367			
Iron, Fe		4.98	В	1	A	1		2.74			
Magnesium, Mg	mg	250		0	LC	8		138			
Phosphorus, P	mg	673		1	A	1		370			
Potassium, K	mg	289		1	A	1		159			
Sodium, Na	_	253		1	A	1		139			
Zinc, Zn	mg	5.7		1	A	1		3.15			
Copper, Cu		0.28		1	A	1		0.156			
Manganese, Mn		0.74	43	1	A	1		0.409			
Selenium, Se	µg	46.7		1	A	1		25.7			
Vitamins:		05.5		-	_	-		53.1			
Vitamin C, total ascorbic acid	-	96.6	••	1	A	1		53.1			
Thiamin	-	1.70		1	A	1		0.935			
Riboflavin	-	1.90		1	A	1		1.045			
Niacin		21.20		1	A	1		11.660			
Pantothenic acid		10.10		1	A	1		5.555			
Vitamin B-6	-	2.10	00	1	A	1		1.155			
Folate, total		430		1	A	1		237			
Folic acid		422		1	A	1		232			
Folate, food		8		0	AS	1		4			
Folate, DFE		725		0	NC	4		399			
Choline, total	-	40.6		0	AS	1		22.3			
Betaine	-	2.2	•	1	A	1		1.2			
Vitamin B-12		7.90		1	A	1		4.35			
Vitamin B-12, added		7.90	D	0	NR	4		4.35			
Vitamin A, RAE		940		0	NC	4		517			
Retinol		940		0	NR	4		517			
Carotene, beta		0		0	Z	7		0			
Carotene, alpha		0		0	Z	7		0			
Cryptoxanthin, beta		0		0	Z	7		0			
Vitamin A, IU		3133		0	NC	4		1723			
Lycopene		0		0	Z	7		0			
Lutein + zeaxanthin		0	_	0	Z	7		0			
Vitamin E (alpha-tocopherol)		6.00		0	LC	8		3.30			
Vitamin E, added		6.00		0	LC	8		3.30			
Tocopherol, beta		0.0		1	A	1		0.03			
Tocopherol, gamma	mg	1.7		1	A	1		0.96			
Tocopherol, delta	mg	0.6	7	1	A	1		0.37			
				1		1					

	<u>An</u>	ount in 10	0 grams	of edi	ble porti	<u>ion</u>	Amount in e	dible portion	of common
			Number					easures of foo	
					Ca	Cantidanas			
Nutrients and Units	Mean	Std. Error				Confidence Code	Magazira 1	Measure 2	Magazira 2
Nutrients and Onits	Mean	Stu. Error	Tomics	Oouc	oouc	Oouc	Measure 1	Weasure 2	Measure 3
Tocotrienol, gammamg	0.0	5	1	A	1		0.03		
Tocotrienol, deltamg	,		1	A	1		0.00		
Vitamin D (D2 + D3)µg	,		0	NR	4		2.9		
Vitamin D2 (ergocalciferol)µg									
Vitamin D3 (cholecalciferol)µg									
Vitamin D	214		1	LC	8		118		
Vitamin K (phylloquinone)µg			1	A	1		71.1		
Dihydrophylloquinoneµg			1	A	1		0.0		
Menaquinone-4µg			1	A	1		0.0		
Wenaquinone-4p9	0.0		_		-		0.0		
Lipids:									
Fatty acids, total saturatedg	5.3	60	0	T	4		2.948		
4:0g	0.0	08	1	A	1		0.005		
6:0g	0.0	13	1	A	1		0.007		
8:0g	0.1	68	1	A	1		0.093		
10:0g	0.1	69	1	A	1		0.093		
12:0g	2.0	74	1	A	1		1.141		
13:0									
14:0	0.7	13	1	A	1		0.392		
15:0g	0.0		1	A	1		0.002		
16:0	0.9		1	A	1		0.512		
17:0	0.0		1	A	1		0.005		
18:0	1.1		1	A	1		0.608		
20:0g	0.0		1	A	1		0.026		
-			1	A	1				
22:0g	0.0		1	A	1		0.041		
24:0g	0.0		0	T	4		0.024		
Fatty acids, total monounsaturatedg	2.4		1		1		1.335		
14:1	0.0			A			0.000		
15:1g	0.0		1	A	1		0.000		
16:1 undifferentiatedg	0.0		0	AS	1		0.003		
16:1 cg	0.0		1	A	1		0.003		
16:1 tg	0.0		1	A	1		0.000		
17:1g	0.0		1	A	1		0.002		
18:1 undifferentiatedg	2.1		0	AS	1		1.206		
18:1 cg	2.0		1	A	1		1.109		
18:1 tg	0.1	76	1	A	1		0.097		
18:1-11 t (18:1t n-7)g									
20:1g	0.0	39	1	A	1		0.021		
22:1 undifferentiatedg	0.0	02	0	AS	1		0.001		
22:1 cg	0.0	02	1	A	1		0.001		
22:1 tg	0.0	00	1	A	1		0.000		
24:1 cg	0.0	00	1	A	1		0.000		
Fatty acids, total polyunsaturatedg	1.1	32	0	T	4		0.623		
18:2 undifferentiatedg	0.9	98	0	AS	1		0.549		
18:2 n-6 c,cg	0.9	66	1	A	1		0.531		
18:2 CLAsg	0.0	00	1	A	1		0.000		
18:2 t,tg									
18:2 ig									
18:2 t not further definedg	0.0	32	1	A	1		0.018		
18:3 undifferentiatedg	0.0	35	0	AS	1		0.019		
18:3 n-3 c,c,c (ALA)g	0.0		1	A	1		0.019		
18:3 n-6 c,c,c	0.0	00	1	A	1		0.000		
18:3ig									
18:4g	0.0	00	1	A	1		0.000		
20:2 n-6 c,cg	0.0		1	A	1		0.000		
20:3 undifferentiated	0.0		0	AS	1		0.000		
20:3 undifferentiated	0.0		1	A	1		0.000		
20:3 n-6g	0.0		1	A	1		0.000		
20:3 n-6	0.0		1	A	1		0.000		
20:4 undifferentiated	0.0		_	Α.	_		0.000		
20:4 n-6	0.0	01	1	A	1		0.001		
` /	0.0	01	_	A	1		0.001		
21:5g	0.0	00	1	7	1		0 000		
22:4			1 1	A A	1 1		0.000		
22:5 n-3 (DPA)g	0.0	00	1	A	1		0.000		

	Amount in 1	00 grams	of edi	Amount in edible portion of common				
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std. Erro	r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
								_
22:6 n-3 (DHA)g	0.000	1	A	1		0.000		
Fatty acids, total transg	0.208	0	NC	4		0.114		
Fatty acids, total trans-monoenoicg	0.176	0	NC	4		0.097		
Fatty acids, total trans-polyenoicg	0.032	0	NC	4		0.018		
Cholesterolmg	7	0	0	4		4		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.220	0	A	1		0.121		
Threonineg	0.570	0	A	1		0.313		
Isoleucineg	0.560	0	A	1		0.308		
Leucineg	1.250	0	A	1		0.688		
Lysineg	0.580	0	A	1		0.319		
Methionineg	0.220	0	A	1		0.121		
Cystineg	0.150	0	A	1		0.083		
Phenylalanineg	0.870	0	A	1		0.479		
Tyrosineg	0.580	0	A	1		0.319		
Valineg	0.740	0	A	1		0.407		
Arginineg	1.370	0	A	1		0.754		
Histidineg	0.400	0	A	1		0.220		
Alanineg	0.660	0	A	1		0.363		
Aspartic acidg	1.880	0	A	1		1.034		
Glutamic acidg	3.370	0	A	1		1.853		
Glycineg	0.780	0	A	1		0.429		
Prolineg	1.150	0	A	1		0.632		
Serineg	0.960	0	A	1		0.528		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 55g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		An	ount in 10	υ gram s	ot edil	oie portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source (Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure :
Proximates: Water	a	7.0	0	1	FLC	4		3.50		
		422	0	0	NC	4		211		
Energy				0		4				
Energy		1766	•		NC	4		883		
Protein (N x 6.25)		30.0		1	FLC			15.00		
Total lipid (fat)		14.0		1	FLC	4		7.00		
Ash	_	4.0		1	FLC	4		2.00		
Carbohydrate, by difference		45.0		0	0	4		22.50		
Fiber, total dietary		2.0		1	FLC	4		1.0		
Sugars, total	g	27.0	0	1	FLC	4		13.50		
Starch	g									
Minerals:										
Calcium, Ca	ma	200		1	FLC	4		100		
Iron, Fe	_	3.6	0	1	FLC	4		1.80		
Magnesium, Mg	_	80		1	FLC	4		40		
Phosphorus, P		300		1	FLC	4		150		
Potassium, K	_	250		1	FLC	4		125		
Sodium. Na		520		0	LC	8		260		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	7.5	0	1	FLC	4		3.75		
Copper, Cu	_	0.7	74	0	FLC	4		0.387		
Manganese, Mn		0.8	46	0	FLC	4		0.423		
Selenium, Se		3.9		0	FLC	4		2.0		
·										
Vitamins:	ma	100.0		1	TT 0	4		60.0		
Vitamin C, total ascorbic acid	_	120.0 0.7		1	FLC FLC	4		60.0 0.375		
Thiamin	_	1.7		1	FLC	4		0.850		
Riboflavin	_	20.0		1	FLC	4		10.000		
Niacin	_	5.0		1	FLC	4		2.500		
Pantothenic acid	_	2.0		1	FLC	4		1.000		
Vitamin B-6	_	160	00	1	FLC	4		80		
Foliate, total		160		0	NR NR	4		80		
Folic acid		160		0	Z	7		0		
Folate, food		272		0	NC	4		136		
Folate, DFE		73.0		0	FLC	4		36.5		
Choline, total	_	/3.0		U	FLC	4		30.5		
Betaine	_	4.2	•	1	FLC	4		2.10		
Vitamin B-12Vitamin B-12. added		4.2		0	NR.	4		2.10		
,		1050	.0	0	NC NC	4		525		
Vitamin A, RAE		1050		0	NC O	4		525 525		
Retinol		0		0	FLC	4		0		
Carotene, beta		0		0	FLC	4		0		
Carotene, alpha		0						0		
Cryptoxanthin, beta		-		0	FLC	4		-		
Vitamin A, IU		3500		0	NC	4		1750		
Lycopene		0 2		0	FLC	4 4		0		
Lutein + zeaxanthin			0	0	FLC			1		
Vitamin E (alpha-tocopherol)		24.0		0	NR	4		12.00		
Vitamin E, added		24.0	0	0	NR	4		12.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta		0.0		0	FLC	4		0.0		
Vitamin D (D2 + D3)		0.0						0.0		
Vitamin D				0	FLC	4				
Vitamin K (phylloquinone)		1.6		0	FLC	4		0.8		
Dihydrophylloquinone	µg									

		Amount	in 100 grams	Amount in edible portion of common						
			Num bei				measures of food			
									<u>~~</u>	
Nutrients and L	Jnits	Mean Std. I	of Data Error Points		Source Con Code (Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturated	α	4.499	0	NC	4		2.249			
4:0		0.001	0	FLC	4		0.001			
6:0	•	0.009	0	FLC	4		0.004			
8:0	_	0.138	0	FLC	4		0.069			
10:0	•	0.156	0	FLC	4		0.078			
12:0		1.969	0	FLC	4		0.984			
13:0		0.000	0	FLC	4		0.000			
14:0	_	0.693	0	FLC	4		0.347			
15:0	-	0.000	0	FLC	4		0.000			
16:0		0.989	0	FLC	4		0.494			
17:0	-	0.000	0	FLC	4		0.000			
18:0		0.544	0	FLC	4		0.272			
20:0	_	0.000	0	FLC	4		0.000			
22:0		0.000	0	FLC	4		0.000			
24:0	•	0.000	0	FLC	4		0.000			
Fatty acids, total monounsaturate	-	3.828	0	NC	4		1.914			
14:1		0.000	0	FLC	4		0.000			
15:1			·		-		0.000			
16:1 undifferentiated	-	0.017	0	FLC	4		0.008			
17:1	-	***************************************	·		-		******			
18:1 undifferentiated		3.811	0	FLC	4		1.906			
20:1	-	0.000	0	FLC	4		0.000			
22:1 undifferentiated		0.000	0	FLC	4		0.000			
24:1 c		0.000	0	FLC	4		0.000			
Fatty acids, total polyunsaturated		4.804	0	NC	4		2.402			
18:2 undifferentiated		4.731	0	FLC	4		2.366			
18:3 undifferentiated		0.072	0	FLC	4		0.036			
18:4	-	0.000	0	FLC	4		0.000			
20:2 n-6 c,c		0.000	0	FLC	4		0.000			
20:3 undifferentiated		0.000	0	FLC	4		0.000			
20:4 undifferentiated	_	0.000	0	FLC	4		0.000			
20:5 n-3 (EPA)	-	0.000	0	FLC	4		0.000			
21:5		0.000	· ·	110	•		0.000			
22:4										
22:5 n-3 (DPA)		0.000	0	FLC	4		0.000			
22:6 n-3 (DHA)		0.000	0	FLC	4		0.000			
Fatty acids, total trans		0.000	1	FLC	4		0.000			
Cholesterol	•	8	1	FLC	4		4			
Phytosterols		Ŭ	-	120	•		-			
•										
Others:							_			
Alcohol, ethyl		0.0	0	FLC	4		0.0			
Caffeine		11	0	FLC	4		6			
Theobromine	mg	99	0	FLC	4		50			

Common Measures:

Measure 1 = 50g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Amount in 1	00 grams	Amount in edible portion of common					
			Number	r			'	easures of fo	
					Source Co	nfidence			
Nutrients and	Units	Mean Std. Erro	r Points			Code	Measure 1	Measure 2	Measure
Proximates: Water	a	12.04	0	FLC	4		4.82		
Energy		350	0	LC	8		140		
Energy		1464	0	LC	8		586		
		5.00	0	FLC	4		2.00		
Protein		10.00	0	LC	8		4.00		
Total lipid (fat)	-	3.14	0	FLC	4		1.25		
Ash	-	69.78	0	FLC	4		27.91		
Carbohydrate, by difference		22.5	0	LC	8		9.0		
Fiber, total dietary			-		8				
Sugars, total		25.00	0	LC			10.00		
Sucrose		12.20	0	FLC	4		4.88		
Glucose (dextrose)		6.86	0	FLC	4		2.74		
Fructose		1.57	0	FLC	4		0.63		
Lactose		0.00	0	FLC	4		0.00		
Maltose		4.31	0	FLC	4		1.73		
Galactose		0.06	0	FLC	4		0.02		
Starch	g	6.08	0	FLC	4		2.43		
Minerals:									
Calcium, Ca	<u>mg</u>	250	0	LC	8		100		
Iron, Fe	mg	0.90	0	LC	8		0.36		
Magnesium, Mg	mg	190	0	FLC	4		76		
Phosphorus, P	mg	419	0	FLC	4		168		
Potassium, K	mg	447	0	FLC	4		179		
Sodium, Na		350	0	LC	8		140		
Zinc, Zn		1.96	0	FLC	4		0.78		
Copper, Cu		0.262	0	FLC	4		0.105		
Manganese, Mn		3.407	0	FLC	4		1.363		
Selenium, Se	µg	8.9	0	FLC	4		3.6		
Vitamins:									
Vitamin C, total ascorbic acid	_	1.2	0	FLC	4		0.5		
Thiamin	-	0.688	0	FLC	4		0.275		
Riboflavin	_	0.091	0	FLC	4		0.037		
Niacin	•	7.903	0	FLC	4		3.161		
Pantothenic acid	•	1.755	0	FLC	4		0.702		
Vitamin B-6		0.963	0	FLC	4		0.385		
Folate, total		35	0	FLC	4		14		
Folic acid		12	0	FLC	4		5		
Folate, food		22	0	FLC	4		9		
Folate, DFE		43	0	NC	4		17		
Choline, total	-	12.4	0	FLC	4		5.0		
Betaine	• • • • • • • • • • • • • • • • • • • •	3.3	0	FLC	4		1.3		
Vitamin B-12		0.00	0	FLC	4		0.00		
Vitamin B-12, added		0.00	0	FLC	4		0.00		
Vitamin A, RAE		0	0	NC	4		0		
Retinol		0	0	FLC	4		0		
Carotene, beta		0	0	FLC	4		0		
Carotene, alpha		0	0	FLC	4		0		
Cryptoxanthin, beta		0	0	FLC	4		0		
Vitamin A, IU		0	0	NC	4		0		
Lycopene		0	0	FLC	4		0		
Lutein + zeaxanthin		65	0	FLC	4		26		
Vitamin E (alpha-tocopherol)		1.47	0	FLC	4		0.59		
Vitamin E, added		0.00	0	FLC	4		0.00		
Tocopherol, beta		0.00	0	FLC	4		0.00		
Tocopherol, gamma		0.50	0	FLC	4		0.20		
Tocopherol, delta		0.02	0	FLC	4		0.01		
Tocotrienol, alpha	g	0.06	0	FLC	4		0.02		

	<u>A</u>	mount in 10	0 grams	of edi	Amount in edible portion of common				
			Number					easures of foo	
					Source	Confidence			<u></u>
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	0	00	0	FLC	4		0.00		
Tocotrienol, delta	0	00	0	FLC	4		0.00		
Vitamin D (D2 + D3)	-	0	0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol)			0	FLC	4		0		
Vitamin DVitamin K (phylloquinone)		6	0	FLC	4		1.0		
Dihydrophylloquinone			0	FLC	4		0.0		
Menaquinone-4			0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated	a 3.	397	0	FLC	4		1.359		
4:0		000	0	FLC	4		0.000		
6:0	9	004	0	FLC	4		0.001		
8:0	g 0.	059	0	FLC	4		0.023		
10:0	g 0.	066	0	FLC	4		0.026		
12:0	g 0.	838	0	FLC	4		0.335		
13:0	•	000	0	FLC	4		0.000		
14:0		310	0	FLC	4		0.124		
15:0	9	000	0	FLC	4		0.000		
16:0	_	417	0	FLC	4		0.567		
17:0	-	002	0	FLC FLC	4 4		0.001		
18:0 20:0	_	670 025	0	FLC	4		0.268 0.010		
22:0		007	0	FLC	4		0.010		
24:0	=	000	0	FLC	4		0.000		
Fatty acids, total monounsaturated	_	522	0	FLC	4		1.409		
14:1		000	0	FLC	4		0.000		
15:1	=	000	0	FLC	4		0.000		
16:1 undifferentiated	•	023	0	FLC	4		0.009		
17:1	g 0.	000	0	FLC	4		0.000		
18:1 undifferentiated	g 3.	476	0	FLC	4		1.390		
20:1	g 0.	023	0	FLC	4		0.009		
22:1 undifferentiated	=	000	0	FLC	4		0.000		
24:1 c	•	000	0	FLC	4		0.000		
Fatty acids, total polyunsaturated		334	0	FLC	4		0.934		
18:2 undifferentiated	•	089 245	0	FLC	4 4		0.836		
18:3 undifferentiated		000	0	FLC FLC	4		0.098 0.000		
20:2 n-6 c,c	=	000	0	FLC	4		0.000		
20:3 undifferentiated		000	0	FLC	4		0.000		
20:4 undifferentiated		000	0	FLC	4		0.000		
20:5 n-3 (EPA)	•	000	0	FLC	4		0.000		
21:5	=								
22:4	g								
22:5 n-3 (DPA)	•	000	0	FLC	4		0.000		
22:6 n-3 (DHA)		000	0	FLC	4		0.000		
Fatty acids, total trans	9	007	0	FLC	4		0.003		
Cholesterol			0	LC	8		0		
Phytosterols	mg								
Amino Acids:									
Tryptophan	•	050	0	FLC	4		0.020		
Threonine	•	179 192	0	FLC FLC	4 4		0.071 0.077		
Isoleucine		352	0	FLC	4		0.077		
LeucineLysine	•	212	0	FLC	4		0.141		
Methionine	•	098	0	FLC	4		0.039		
Cystine	•	113	0	FLC	4		0.045		
Phenylalanine	•	230	0	FLC	4		0.092		
Tyrosine	•	143	0	FLC	4		0.057		
Valine	•	286	0	FLC	4		0.114		
Arginine	g 0.	343	0	FLC	4		0.137		
Histidine	g 0.	115	0	FLC	4		0.046		

Amount in 100 grams of edible portion Amount in edible portio										
		Number				measures of food				
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3		
Alanineg	0.288	0	FLC	4		0.115				
Aspartic acidg	0.437	0	FLC	4		0.175				
Glutamic acidg	0.788	0	FLC	4		0.315				
Glycineg	0.267	0	FLC	4		0.107				
Prolineg	0.264	0	FLC	4		0.106				
Serineg	0.228	0	FLC	4		0.091				
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0	0	FLC	4		0.0				
Caffeinemg	3	0	FLC	4		1				
Theobrominemg	24	0	FLC	4		10				

Common Measures:

Measure 1 = 40g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am ount ii</u>	n 100 grams	Amount in edible portion of common					
			Num bei	r			m	easures of fo	od .
					Source (Confidence			
Nutrients and Ur	nits	Mean Std. E	ror Points			Code	Measure 1	Measure 2	Measure 3
Proximates:		2.00	•				0.01		
Water		3.20	0		4		0.91		
Energy		536	0	NC	4		152		
Energy		2241	0	NC	4		635		
Protein		9.60	0		4		2.72		
Total lipid (fat)	_	31.20	0		4		8.85		
Ash		1.90	0	NR	4		0.54		
Carbohydrate, by difference		54.10	0		4		15.34		
Fiber, total dietary		3.8	0		4		1.1		
Sugars, total		23.63	0	FLA	4		6.70		
Starch	g								
Minerals:	m a	100	^		4		21		
Calcium, Ca	_	108 1.45	0		4 4		31 0.41		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.45 67	0		4		0.41 19		
Magnesium, Mg Phosphorus, P		227	0		4		64		
Potassium, K		339	0		4		96		
Sodium, Na		193	0		4		55		
Zinc, Zn	_	1.47	0		4		0.42		
Copper, Cu	_	0.323	0		4		0.092		
Manganese, Mn									
Selenium, Se	-	15.7	0	RA	4		4.5		
¥7:4									
<u>Vitamins:</u>		2.6	•				0.0		
Vitamin C, total ascorbic acid	-	0.6	0		4 4		0.2		
Thiamin		0.100	-		4		0.028		
Riboflavin	_	0.210 3.290	0		4		0.060 0.933		
Niacin Pantothenic acid	_	3.290	U		4		0.933		
Vitamin B-6		0.110	0		4		0.031		
Folate, total	_	25	0		4		7		
Folic acid		0	0	z	- 7		0		
Folate, food		25	0	_	4		7		
Folate, DFE		25	0	NC	4		7		
Choline, total		24.7	0	FLA	4		7.0		
Betaine									
Vitamin B-12	-	0.46	0		4		0.13		
Vitamin B-12, added	μg	0.00	0	Z	7		0.00		
Vitamin A, RAE	µg	8	0	NC	4		2		
Retinol		8	0	FLA	4		2		
Carotene, beta	µg	0	0	FLA	4		0		
Carotene, alpha	µg	0	0	FLA	4		0		
Cryptoxanthin, beta	µg	0	0	FLA	4		0		
Vitamin A, IU	IU	26	0	NC	4		7		
Lycopene	µg	0	0	FLA	4		0		
Lutein + zeaxanthin	µg	32	0	FLA	4		9		
Vitamin E (alpha-tocopherol)		4.59	0	FLA	4		1.30		
Vitamin E, added		0.00	0	Z	7		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha	-								
Tocotrienol, beta	-								
Tocotrienol, gamma									
Tocotrienol, delta			_	_	_				
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D		0	_	Z	7		0		
Vitamin K (phylloquinone)		5.7	0	FLA	4		1.6		
Dihydrophylloquinone									
Menaquinone-4	µg								

	Amount in	100 grams of ed	Amount in edible portion of common measures of food			
		Number			easures or loc	<u>)u</u>
Nutrients and Units	Mean Std. Er	of Data Deriv ror Points Code	Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
<u>Lipids:</u>						
Fatty acids, total saturatedg	17.065	0	4	4.838		
4:0g	0.070	0	4	0.020		
6:0g	0.040	0	4	0.011		
8:0g	0.421	0	4	0.119		
10:0g	0.492	0	4	0.139		
12:0g	5.518	0	4	1.564		
13:0g						
14:0g	2.157	0	4	0.612		
15:0g						
16:0g	4.434	0	4	1.257		
17:0g						
18:0g	3.933	0	4	1.115		
20:0g						
22:0g						
24:0g						
Fatty acids, total monounsaturatedg	6.561	0	4	1.860		
14:1						
15:1g						
16:1 undifferentiatedg	0.120	0	4	0.034		
17:1g	3122	· ·	-	0.001		
18:1 undifferentiatedg	6.411	0	4	1.818		
20:1g	0.030	0	4	0.009		
22:1 undifferentiatedg	0.000	0	7	0.009		
24:1 c	0.000	U	,	0.000		
	1.906	0	4	0.540		
Fatty acids, total polyunsaturatedg	1.836	0	4	0.540		
18:2 undifferentiated	0.070	0	4			
18:3 undifferentiatedg				0.020		
18:4g	0.000	0	7	0.000		
20:2 n-6 c,cg						
20:3 undifferentiatedg		•	4			
20:4 undifferentiatedg	0.010	0	4	0.003		
20:5 n-3 (EPA)g	0.000	0	7	0.000		
21:5g						
22:4g						
22:5 n-3 (DPA)g	0.000	0	7	0.000		
22:6 n-3 (DHA)g	0.000	0	7	0.000		
Fatty acids, total transg						
Cholesterolmg	12	0	4	3		
Phytosterolsmg						
Others:						
Alcohol, ethylg	0.0	0	7	0.0		
Caffeinemg	3	0 BFZN	r 4	1		
Theobrominemg	41	0 BFZN	T 4	12		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am o</u>	unt in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number					easures of fo	
						Source (Confidence			
Nutrients and Un	its	Mean S	td. Error	Points			Code	Measure 1	Measure 2	Measure 3
Proximates:	~	8.69		0	TT (4		2.17		
Water Energy	-	413		0	FLC NC	4		103		
0.0		1728		0	NC	4		432		
Energy				0	FLC	4		1.62		
Protein	=	6.47		0				2.75		
Total lipid (fat)	_	10.98		-	FLC	4				
Ash		1.76		0	FLC	4		0.44		
Carbohydrate, by difference		72.05		0	FLC	4		18.01 0.1		
Fiber, total dietary		0.4		-	FLC	4				
Sugars, total		45.97		0	FLC	4		11.49		
Starch	g									
Minerals:		44.0				•				
Calcium, Ca	-	410		2	LC	8		102		
Iron, Fe	•	5.99		2	LC	8		1.50		
Magnesium, Mg		21		0	FLC	4		5 39		
Phosphorus, P		155 254		0	FLC FLC	4 4		39 64		
Potassium, KSodium, Na	-	25 4 319		0	FLC	4		80		
Zinc, Zn	-	0.84		0	FLC	4		0.21		
Copper, Cu		0.049		0	FLC	4		0.012		
Manganese, Mn		0.206		0	FLC	4		0.052		
Selenium, Se		7.7		0	FLC	4		1.9		
,				•		-				
Vitamins:				•		•				
Vitamin C, total ascorbic acid	-	15.4		2	LC	8		3.8		
Thiamin	-	0.615		2	LC	8		0.154		
Riboflavin	-	0.696		2 2	LC	8		0.174		
Niacin	-	8.194		_	LC	8		2.048		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.495		0 2	FLC	4 8		0.124 0.205		
Vitamin B-6	-	0.819		2	LC LC	8		25		
Foliae, total		98 87		0	NC	4		25		
Folic acid		11		0	FLC	4		3		
Folate, foodFolate, DFE		159		0	NC	4		40		
Choline, total		31.0		0	FLC	4		7.8		
Betaine	-	31.0		U	FLC	-		7.0		
Vitamin B-12		2.00		2	LC	8		0.50		
Vitamin B-12, added		1.51		0	NR	4		0.38		
Vitamin A, RAE		188		0	NC	4		47		
Retinol		188		0	NC	4		47		
Carotene, beta		0		0	Z	7		0		
Carotene, alpha		0		0	Z	7		0		
Cryptoxanthin, beta		0		0	z	7		0		
Vitamin A, IU		627		2	LC	8		157		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.42		0	FLC	4		0.10		
Vitamin E, added		0.00		0	FLC	4		0.00		
Tocopherol, beta				-	=-					
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		1.7		2	LC	8		0.4		
Vitamin D	IU	68		2	LC	8		17		
Vitamin K (phylloquinone)	µg	2.5		0	FLC	4		0.6		
Dihydrophylloquinone										
Menaquinone-4										
1										

	<u>Am oun</u>	t in 100 grams	Amount in edible portion of common					
		Num ber				measures of food		
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std	. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturated	9.114	0	FLC	4		2.279		
4:0g	0.045	0	FLC	4		0.011		
6:0g	0.050	0	FLC	4		0.012		
8:0g	0.325	0	FLC	4		0.081		
10:0g	0.244	0	FLC	4		0.061		
12:0g	2.720	0	FLC	4		0.680		
13:0g	0.977	0	FLC	4		0.044		
14:0g	0.9//	U	FLC	4		0.244		
15:0g	3.839	0	FLC	4		0.050		
16:0g 17:0g	3.639	U	FLC	4		0.960		
17:0g 18:0g	0.881	0	FLC	4		0.220		
20:0g	0.881	U	FLC	4		0.220		
20:0g								
24:0								
Fatty acids, total monounsaturatedg	1.186	0	FLC	4		0.297		
14:1		-		_		****		
15:1g								
16:1 undifferentiated	0.009	0	FLC	4		0.002		
17:1g								
18:1 undifferentiated	1.177	0	FLC	4		0.294		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.239	0	FLC	4		0.060		
18:2 undifferentiatedg	0.230	0	FLC	4		0.057		
18:3 undifferentiatedg	0.009	0	FLC	4		0.002		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total transg	0.000	0	FLC	4		0.000		
Cholesterolmg	6	0	FLC	4		1		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 25g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Amount in	100 grams	oreall	ne portio	<u>11</u>	Amount in edible portion of common			
			Number				measures of food			
			of Data	Deriv	Source (Confidence				
Nutrients and Un	ite	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	แร	Weall Stu. E	101 . 0				Weasure i	Wedsule 2	Wieasure .	
Proximates:										
Water	g	2.80	0		9		0.79			
Energy		429	0	NC	4		122			
Energy		1797	0	NC	4		509			
Protein		12.60	0		9		3.57			
Total lipid (fat)	_	9.50	0		9		2.69			
Ash	-	1.71	0	FLA	4		0.48			
Carbohydrate, by difference		73.39	0	NC	4		20.81			
Fiber, total dietary		14.2	0		4		4.0			
Sugars, total		0.54	0	FLA	4		0.15			
Starch		****	ū		-		****			
Starcii	9									
Minerals:										
Calcium, Ca	<u>mg</u>	11	0		4		3			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.28	0		9		0.65			
Magnesium, Mg	mg	151	0		4		43			
Phosphorus, P		264	0		4		75			
Potassium, K	_	241	0		4		68			
Sodium, Na	_	490	0		9		139			
Zinc, Zn	_	3.83	0		4		1.09			
Copper, Cu		0.545	0		4		0.155			
Manganese, Mn	_									
Selenium, Se	µg	8.6	0	CAZN	4		2.4			
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0		7		0.0			
Thiamin	_	0.350	0		4		0.099			
Riboflavin		0.110	0		4		0.031			
Niacin	_	2.070	0		4		0.587			
Pantothenic acid	_									
Vitamin B-6	_	0.170	0		4		0.048			
Folate, total	_	17	0		4		5			
Folic acid	µg	0	0	FLA	4		0			
Folate, food	µg	17	0	FLA	4		5			
Folate, DFE		17	0	NC	4		5			
Choline, total		20.2	0	FLA	4		5.7			
Betaine										
Vitamin B-12	µg	0.00	0		7		0.00			
Vitamin B-12, added	µg	0.00	0	Z	7		0.00			
Vitamin A, RAE	µg	7	0	NC	4		2			
Retinol		0	0	Z	7		0			
Carotene, beta	µg	66	0	FLA	4		19			
Carotene, alpha	µg	43	0	FLA	4		12			
Cryptoxanthin, beta		0	0	FLA	4		0			
Vitamin A, IU		147	0	NC	4		42			
Lycopene		0	0	FLA	4		0			
Lutein + zeaxanthin	µg	1087	0	FLA	4		308			
Vitamin E (alpha-tocopherol)	mg	5.01	0	FLA	4		1.42			
Vitamin E, added	mg	0.00	0	Z	7		0.00			
Tocopherol, beta	g									
Tocopherol, gamma	g									
Tocopherol, delta	g									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0			
Vitamin D	IU	0		Z	7		0			
	ПO	15.7	0	FLA	4		4.4			
Vitamin K (phylloquinone)	н9		•		-					

	<u>Am ount i</u>	n 100 grams	Amount in edible portion of common					
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:		•						
Fatty acids, total saturated	1.415	0		4		0.401		
4:0g	0.000	0		4		0.000		
6:0g	0.000	0		4		0.000		
8:0g	0.000	0		4		0.000		
10:0g	0.000	0		4		0.000		
12:0g	0.000	0		4		0.000		
13:0g		•		4				
14:0g	0.010	0		4		0.003		
15:0g		•		4				
16:0g	0.931	0		4		0.264		
17:0g		•		4				
18:0g	0.475	0		4		0.135		
20:0g								
22:0g								
24:0g	4.085	0		4		1 150		
Fatty acids, total monounsaturatedg	4.085	U		4		1.158		
14:1g								
15:1g	0.020	0		4		0 011		
16:1 undifferentiated	0.038	U		4		0.011		
17:1	4.037	0		4		1 144		
18:1 undifferentiated	0.000	0		4		1.144 0.000		
20:1g 22:1 undifferentiatedg		0		4				
<u> </u>	0.000	U		4		0.000		
24:1 c	3.572	0		4		1.013		
Fatty acids, total polyunsaturatedg	3.315	0		4		0.940		
18:2 undifferentiated	0.247	0		4		0.070		
18:3 undifferentiatedg	0.247	0		4		0.000		
20:2 n-6 c,cg	0.000	U		4		0.000		
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0		4		0.000		
20:5 n-3 (EPA)	0.000	0		4		0.000		
20.5 li-5 (EFA)g	0.000	v		-		0.000		
21:3								
22:5 n-3 (DPA)g	0.000	0		4		0.000		
22:6 n-3 (DHA)g	0.000	0		4		0.000		
Fatty acids, total trans	0.000	·		-		0.000		
Cholesterolg	0	0		7		0		
Phytosterolsmg	v	Ü		•		J		
•								
Others:		_		_				
Alcohol, ethylg	0.0	0	FLA	4		0.0		
Caffeinemg	0	0	FLA	4		0		
Theobrominemg	0	0	FLA	4		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am our</u>	nt in 100 gr	Amount in edible portion of common							
			Num	ber				measures of food			
					Deriv	Source (Confidence				
Nutrients and U	J nits	Mean Std	l. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	0.90	0.076	8	A	1		0.07	0.78		
Energy		535	0.070	0	NC	4		42	465		
Energy		2237		0	NC	4		177	1946		
Protein		8.38	0.082	8	A	1		0.66	7.29		
Total lipid (fat)		30.22	1.261	8	A	1		2.39	26.30		
Ash		3.23	0.236	8	A	1		0.26	2.81		
Carbohydrate, by difference		57.26	0.230	0	NC	4		4.52	49.82		
Fiber, total dietary		10.0	0.074	8	A	1		0.8	8.7		
Sugars, total		0.30	0.074	1	A	1		0.02	0.26		
<u> </u>		0.30		1	A	1		0.02	0.26		
Sucrose		0.00		1	A	1		0.02	0.20		
Glucose (dextrose)		0.00		1	A	1		0.00	0.00		
Fructose		0.00		1	A	1		0.00			
Lactose						1			0.00		
Maltose		0.00		1	A	1		0.00	0.00		
Galactose		0.00		1	A			0.00	0.00		
Starch	g	45.46	0.247	8	A	1		3.59	39.55		
Minerals:											
Calcium, Ca	mg	23	0.913	8	A	1		2	20		
Iron, Fe	mg	2.06	0.138	8	A	1		0.16	1.79		
Magnesium, Mg		110	8.231	8	A	1		9	95		
Phosphorus, P		275	26.016	8	A	1		22	239		
Potassium, K		393	29.522	8	A	1		31	342		
Sodium, Na	mg	763	68.212	8	A	1		60	664		
Zinc, Zn	mg	2.32	0.183	8	A	1		0.18	2.02		
Copper, Cu	mg	0.204	0.026	8	A	1		0.016	0.177		
Manganese, Mn	mg	0.772	0.044	8	A	1		0.061	0.672		
Selenium, Se	µg	5.9	0.412	5	A	1		0.5	5.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0	0.0		
Thiamin	mg	0.047	0.001	5	A	1		0.004	0.041		
Riboflavin	_	0.060	0.000	5	A	1		0.005	0.052		
Niacin	mg	1.615	0.021	5	A	1		0.128	1.405		
Pantothenic acid	mg	0.201	0.003	5	A	1		0.016	0.174		
Vitamin B-6	mg	0.310	0.000	5	A	1		0.025	0.270		
Folate, total	µg	15	2.198	4	A	1		1	13		
Folic acid	µg	0	0.000	4	A	1		0	0		
Folate, food	µg	15	2.198	4	AS	1		1	13		
Folate, DFE	µg	15		0	NC	4		1	13		
Choline, total	mg	15.4		0	FLC	4		1.2	13.4		
Betaine	mg										
Vitamin B-12	µg	0.00		0	FLC	4		0.00	0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00		
Vitamin A, RAE		9		0	AS	1		1	8		
Retinol	µg	0		0	FLC	4		0	0		
Carotene, beta	µg	50	1.699	5	A	1		4	44		
Carotene, alpha	µg	6	1.421	5	A	1		0	5		
Cryptoxanthin, beta	µg	111	2.556	5	A	1		9	97		
Vitamin A, IU		182		0	AS	1		14	158		
Lycopene		0	0.000	5	A	1		0	0		
Lutein + zeaxanthin	µg	1115	4.924	5	A	1		88	970		
Vitamin E (alpha-tocopherol)		2.91	0.077	5	A	1		0.23	2.53		
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00		
Tocopherol, beta		0.14	0.004	5	A	1		0.01	0.12		
Tocopherol, gamma		6.58	0.087	5	A	1		0.52	5.72		
Tocopherol, delta		0.24	0.010	5	A	1		0.02	0.21		
Tocotrienol, alpha		2.54	0.039	5	A	1		0.20	2.21		
Tocotrienol, beta		0.34	0.006		A	1		0.03	0.30		

	Amount in 100 grams of edible portion					Amount in edible portion of common			
			Num b	er			<u>m</u>		
			of Dat	a Deriv	Source Con	fidence			
Nutrients and Units	Mean	Std. Error	Point	s Code	Code (Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	9 4.1	5 0.	049 5	A	1		0.33	3.61	
Tocotrienol, deltamg	=	6 0.	038 5		1		0.12	1.27	
Vitamin D (D2 + D3)			0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg									
Vitamin D	0		0	NR	4		0	0	
Vitamin K (phylloquinone)µg		0.0	055 4		1		0.3	3.7	
Dihydrophylloquinoneµg									
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	14.5		0	NC	4		1.153	12.700	
4:0g	0.0		000 6		1		0.000	0.003	
6:0g	0.0		000 6		1		0.000	0.001	
8:0g	0.0		002 6 007 6		1 1		0.001 0.002	0.012 0.026	
10:0g 12:0g	0.0		007 6 012 6		1		0.002	0.026	
13:0	0.0	•••	011 0		-		0.005	0.034	
14:0g	0.2	98 0.	007 6	A	1		0.024	0.259	
15:0g	0.0	15 0.	001 6	A	1		0.001	0.013	
16:0g	12.6	46 0.	375 6	A	1		0.999	11.002	
17:0g	0.0		001 6	A	1		0.002	0.026	
18:0g	1.3		102 6		1		0.106	1.171	
20:0g	0.1		003 6		1		0.008	0.092	
22:0g 24:0g	0.0		002 6 001 6		1 1		0.002 0.002	0.019 0.021	
Fatty acids, total monounsaturated9	0.3		001 0		4		0.002	0.021	
14:1g	0.0		000 6		1		0.000	0.000	
15:1	0.0		000 6	A	1		0.000	0.000	
16:1 undifferentiatedg	0.0	42	0	AS	1		0.003	0.036	
16:1 cg	0.0	42 0.	001 6	A	1		0.003	0.036	
16:1 tg	0.0		000 5		1		0.000	0.000	
17:1g	0.0		000 6		1		0.001	0.006	
18:1 undifferentiated	0.2	73	0	AS	1		0.022	0.237	
18:1 cg 18:1 tg	0.2	73 0	179 6	A	1		0.022	0.237	
18:1-11 t (18:1t n-7)	0.2	75	175 0	n	-		0.022	0.237	
20:1	0.0	52 0.	000 6	A	1		0.004	0.045	
22:1 undifferentiatedg	0.0	00	0	AS	1		0.000	0.000	
22:1 cg	0.0		000 6	A	1		0.000	0.000	
22:1 tg	0.0		000 6		1		0.000	0.000	
24:1 cg	0.0		000 6		1		0.000	0.000	
Fatty acids, total polyunsaturatedg	4.1		0	NC	4		0.326	3.588	
18:2 undifferentiatedg 18:2 n-6 c.cg	4.1 3.5		0 039 6	AS A	1 1		0.324 0.277	3.570 3.056	
18:2 CLAs	0.0		001 6		1		0.001	0.010	
18:2 t,t					_		00002	0.020	
18:2 ig	0.4	53	2	A	1		0.036	0.394	
18:2 t not further definedg	0.1	27 0.	018 6	A	1		0.010	0.111	
18:3 undifferentiatedg	0.0	12	0	AS	1		0.001	0.010	
18:3 n-3 c,c,c (ALA)									
18:3 n-6 c,c,c	0.0	12 0.	000 6	A	1		0.001	0.010	
18:3ig 18:4g	0.0	00 0	000 6	A	1		0.000	0.000	
20:2 n-6 c,cg	0.0		000 6		1		0.000	0.001	
20:3 undifferentiated	0.0		0		1		0.000	0.003	
20:3 n-3g	0.0		000 6		1		0.000	0.003	
20:3 n-6g	0.0	00 0.	000 6	A	1		0.000	0.000	
20:4 undifferentiatedg	0.0	05 0.	000 6	A	1		0.000	0.004	
20:4 n-6g	_	-			_		_	_	
20:5 n-3 (EPA)	0.0	0.0	000 6	A	1		0.000	0.000	
21:5g 22:4g	0.0	00 0	000 6	A	1		0.000	0.000	
22:4	0.0		000 6 000 6		1		0.000	0.000	
22.3 11 3 (2171)9	0.0	•••		••	-		0.000	0.000	

		Num			Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std.	of D Error Po			Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	6	Α	1		0.000	0.000	
Fatty acids, total transg	0.853		0	NC	4		0.067	0.742	
Fatty acids, total trans-monoenoicg	0.273		0	NC	4		0.022	0.237	
Fatty acids, total trans-polyenoicg	0.580		0	NC	4		0.046	0.504	
Cholesterolmg	0		0	FLC	4		0	0	
Phytosterolsmg	0		0	FLC	4		0	0	
Stigmasterolmg	0		0	FLC	4		0	0	
Campesterolmg	0		0	FLC	4		0	0	
Beta-sitosterolmg	0		0	FLC	4		0	0	
Amino Acids:									
Tryptophang	0.061		0	FLC	4		0.005	0.053	
Threonineg	0.327		0	FLC	4		0.026	0.284	
Isoleucineg	0.312		0	FLC	4		0.025	0.271	
Leucineg	1.065		0	FLC	4		0.084	0.926	
Lysineg	0.244		0	FLC	4		0.019	0.213	
Methionineg	0.182		0	FLC	4		0.014	0.158	
Cystineg	0.157		0	FLC	4		0.012	0.136	
Phenylalanineg	0.426		0	FLC	4		0.034	0.371	
Tyrosineg	0.353		0	FLC	4		0.028	0.307	
Valineg	0.439		0	FLC	4		0.035	0.382	
Arginineg	0.432		0	FLC	4		0.034	0.376	
Histidineg	0.265		0	FLC	4		0.021	0.231	
Alanineg	0.651		0	FLC	4		0.051	0.566	
Aspartic acidg	0.604		0	FLC	4		0.048	0.526	
Glutamic acidg	1.630		0	FLC	4		0.129	1.418	
Glycineg	0.356		0	FLC	4		0.028	0.309	
Prolineg	0.758		0	FLC	4		0.060	0.659	
Serine	0.413		0	FLC	4		0.033	0.359	
Hydroxyprolineg	0.000	0.000	4	A	1		0.000	0.000	
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeineg	0		0	FLC	4		0	0.0	
Theobrominemg	0		0	FLC	4		0	0	

Common Measures:

Measure 1 = 7.9g: 1 cup Measure 2 = 87g: 1 bag

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		An	ount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	6.0	0	0	FLC	4		1.70			
Energy		381		0	NC	4		108			
Energy	kJ	1593		0	NC	4		452			
Protein	g	2.0	0	0	FLC	4		0.57			
Total lipid (fat)	g	1.4	:0	0	FLC	4		0.40			
Ash	g	0.5	4	0	FLC	4		0.15			
Carbohydrate, by difference	g	90.0		0	NC	4		25.53			
Fiber, total dietary		2.5	i	0	FLC	4		0.7			
Sugars, total	g	64.6	8	0	0	4		18.34			
Starch	g										
Minerals:											
Calcium, Ca	ma	18		0	FLC	4		5			
Iron, Fe	-	0.8	0	0	FLC	4		0.23			
Magnesium, Mg	•	27		0	FLC	4		8			
Phosphorus, P		55		0	FLC	4		16			
Potassium, K	mg	110		0	FLC	4		31			
Sodium, Na	<u>mg</u>	286		0	LC	8		81			
Zinc, Zn	mg	0.6	2	0	FLC	4		0.18			
Copper, Cu		0.1	.40	0	FLC	4		0.040			
Manganese, Mn											
Selenium, Se	µg	3.6		0	BFZN	4		1.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0			
Thiamin	-	0.0	38	0	FLC	4		0.011			
Riboflavin	mg	0.0	58	0	FLC	4		0.016			
Niacin	mg	0.3	42	0	FLC	4		0.097			
Pantothenic acid	mg										
Vitamin B-6	mg	0.0	47	0	FLC	4		0.013			
Folate, total	µg	4		0	FLC	4		1			
Folic acid		0		0	Z	7		0			
Folate, food		4		0	FLC	4		1			
Folate, DFE		4		0	NC	4		1			
Choline, total		12.6		0	FLA	4		3.6			
Betaine		0.0		0	-	7		0.00			
Vitamin B-12, added		0.0		0	Z Z	7		0.00			
Vitamin B-12, added		2	.0	0	NC	4		0.00			
Retinol		0		0	FLC	4		0			
Carotene, beta		15		0	FLC	4		4			
Carotene, alpha		10		0	FLC	4		3			
Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU		33		0	NC	4		9			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		242		0	FLC	4		69			
Vitamin E (alpha-tocopherol)	mg	0.1	.3	0	FLC	4		0.04			
Vitamin E, added	<u>mg</u>	0.0	0	0	Z	7		0.00			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta				•		-					
Vitamin D (D2 + D3)		0.0		0	Z Z	7 7		0.0			
Vitamin D		0.9		0	FLC	4		0.2			
Vitamin K (phylloquinone) Dihydrophylloquinone		0.9		U	FIC	*		0.2			
Menaquinone-4											

	Amount in	100 grams	of edi	ble portion		Amount in edible portion of common		
		Num be	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	0.200	0	FLC	4		0.057		
4:0g	0.000	0	FLC	4		0.000		
6:0g	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.000	0	FLC	4		0.000		
13:0g								
14:0g	0.001	0	FLC	4		0.000		
15:0g								
16:0g	0.167	0	FLC	4		0.047		
17:0g								
18:0g	0.032	0	FLC	4		0.009		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.260	0	FLC	4		0.074		
14:1g								
15:1g								
16:1 undifferentiatedg	0.003	0	FLC	4		0.001		
17:1g								
18:1 undifferentiatedg	0.257	0	FLC	4		0.073		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.634	0	FLC	4		0.180		
18:2 undifferentiatedg	0.588	0	FLC	4		0.167		
18:3 undifferentiatedg	0.046	0	FLC	4		0.013		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg	0.000	•	 -					
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g								
22:4g	0.000	•	 -			0.000		
22:5 n-3 (DPA)g	0.000	0	FLC FLC	4 4		0.000		
22:6 n-3 (DHA)	0.000	-				0.000		
Fatty acids, total transg	0.000	0	Z Z	7 7		0.000		
Cholesterol mg	0	U	Z	7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Amount I</u>	n 100 grams	orean	ne por tio	<u>)111</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of fo	od_	
					Source (Confidence				
Nutrionto and Ur		Maan Ctd E	rror Points			Code	Magazira 1	Magazira 2	Magazza	
Nutrients and Ur	iits	Mean Std. E	Tror ronnes	Oout	Oode	ooue	Measure 1	Measure 2	Measure 3	
Duovimotos										
Proximates: Water	a	1.00	0		4		0.28			
Energy		487	0	NC	4		138			
Energy		2037	0	NC	4		577			
Protein		7.10	0	110	4		2.01			
Total lipid (fat)	-	20.80	0		4		5.90			
1 ' '	-	3.30	0	0	4		0.94			
Ash	_		-							
Carbohydrate, by difference		67.80	0	NC	4		19.22			
Fiber, total dietary		6.1	0		4		1.7			
Sugars, total	g	0.22	0	0	4		0.06			
Starch	g									
Minerals:										
Calcium, Ca	mg	21	0		4		6			
Iron, Fe	_	1.35	0		4		0.38			
Magnesium, Mg	_	89	0		4		25			
Phosphorus, P		193	0		4		55			
Potassium, K		1744	0		4		494			
Sodium, Na	_	8	0		4		2			
Zinc, Zn	_	1.01	0		1		0.29			
Copper, Cu	_	0.348	0		1		0.099			
Manganese, Mn										
Selenium, Se	_	8.1	0	BFZN	4		2.3			
,										
Vitamins:			_							
Vitamin C, total ascorbic acid	_	25.7	0		4		7.3			
Thiamin		0.210	0		4		0.060			
Riboflavin	_	0.270	0		4		0.077			
Niacin	_	7.000	0		4		1.985			
Pantothenic acid	_									
Vitamin B-6	_	0.670	0		4		0.190			
Folate, total	· -	10	0		1		3			
Folic acid		0	0	Z	7		0			
Folate, food		10	0	NR	4		3			
Folate, DFE		10	0	NC	4		3			
Choline, total	-	53.0	0	0	4		15.0			
Betaine	_									
Vitamin B-12		0.00	0		4		0.00			
Vitamin B-12, added		0.00	0	Z	7		0.00			
Vitamin A, RAE		0	0	AS	1		0			
Retinol	· -	0	0	Z	7		0			
Carotene, beta		0	0	Z	7		0			
Carotene, alpha	µg	0	0	Z	7		0			
Cryptoxanthin, beta	µg	0	0	Z	7		0			
Vitamin A, IU	<u>JU</u>	0	0	AS	1		0			
Lycopene		0	0	Z	7		0			
Lutein + zeaxanthin	µg	0	0	Z	7		0			
Vitamin E (alpha-tocopherol)		5.47	0	0	4		1.55			
Vitamin E, added	mg	0.00	0	Z	7		0.00			
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0			
Vitamin D		0		z	7		0			
Vitamin K (phylloquinone)		13.3	0	0	4		3.8			
Dihydrophylloquinone										
Menaquinone-4										

	Amo	ount in 10	0 grams	of edi	ble portion	<u>1</u>	Amount in e	Amount in edible portion of common		
			Number				m	easures of foo	od	
					Sauras C	onfidence			_	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
** **										
Lipids:	4.16	•	•				1 150			
Fatty acids, total saturated	4.16		0		4		1.179			
4:0g	0.00		0		4		0.000			
6:0g	0.00		0		4 4		0.000			
8:0g	0.00		0		4		0.000			
10:0g			0		4		0.000			
12:0g	0.00	U	U		4		0.000			
13:0g	0.12	n	0		4		0.034			
14:0g	0.12	U	U		4		0.034			
15:0g	3.52	n	0		4		0.998			
16:0g 17:0g	3.52	J	U		4		0.998			
	0.51	n	0		4		0.145			
18:0g 20:0g	0.51	J	U		4		0.145			
22:0g 24:0g										
Fatty acids, total monounsaturated	4.80	n	0		4		1.361			
14:1	1.00	J	U		-		1.361			
14:1										
16:1 undifferentiated	0.50	n	0		4		0.142			
17:1	0.50	J	U		-		0.142			
18:1 undifferentiated	4.30	n	0		4		1.219			
20:1	0.00		0		4		0.000			
22:1 undifferentiatedg	0.00		0		4		0.000			
24:1 c	0.00	9	•		*		0.000			
Fatty acids, total polyunsaturated	10.94	n	0		4		3.101			
18:2 undifferentiated	10.75		0		4		3.048			
18:3 undifferentiated	0.19		0		4		0.054			
18:4	0.00		0		4		0.000			
20:2 n-6 c,cg	0.00		•		*		0.000			
20:3 undifferentiated										
20:4 undifferentiated	0.00	n	0		4		0.000			
20:5 n-3 (EPA)	0.00		0		4		0.000			
21:5g	0.00	•	·		-		0.000			
21.5										
22:5 n-3 (DPA)	0.00	n	0		4		0.000			
22:6 n-3 (DHA)g			0		4		0.000			
Fatty acids, total trans	3.00	-	•		-		0.000			
Cholesterol	ng 0		0		4		0			
Phytosterolsm	•		J		-		•			
Others:										
Alcohol, ethyl	0.0		0		4		0.0			
Caffeinem	ng 0		0	Z	7		0			
Theobrominem	-		0	z	7		0			

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Amount i</u>	n 100 grams	or ear	ne portion	<u>l</u>	Amount in e	dible portion	of common
			Number				<u>m</u>	easures of fo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Un	its	Mean Std. E	rror Points		Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	15.00	0		4		21.45	17.25	9.30
Energy	kcal	338	0	NC	4		484	389	210
Energy	kJ	1415	0	NC	4		2024	1628	878
Protein	g	8.20	0		4		11.73	9.43	5.08
Total lipid (fat)	g	3.10	0		4		4.43	3.57	1.92
Ash	g	4.31	0	BFSN	4		6.16	4.95	2.67
Carbohydrate, by difference	g	69.39	0	NC	4		99.23	79.80	43.02
Fiber, total dietary	g	1.7	0		4		2.4	2.0	1.1
Sugars, total	g	0.25	0	FLA	4		0.35	0.28	0.15
Starch									
Minerals:									
Calcium, Ca	<u>m</u> g	23	0		4		33	26	14
Iron, Fe	-	3.92	0		4		5.61	4.51	2.43
Magnesium, Mg		21	0		4		30	24	13
Phosphorus, P		79	0		4		113	91	49
Potassium, K	-	88	0		4		126	101	55
Sodium, Na	•	545	0	LC	8		779	627	338
Zinc, Zn		0.94	0		4		1.34	1.08	0.58
Copper, Cu		0.126	0		4		0.180	0.145	0.07
Manganese, Mn									
Selenium, Se	µg	17.2	0	BFZN	4		24.6	19.8	10.7
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0		7		0.0	0.0	0.0
Thiamin	-	0.410	0		4		0.586	0.472	0.25
Riboflavin	-	0.290	0		4		0.415	0.334	0.18
Niacin	-	4.270	0		4		6.106	4.911	2.64
Pantothenic acid	-	1.270	ŭ		-		0.100	4.711	2.04
Vitamin B-6	-	0.020	0		4		0.029	0.023	0.01
Folate, total	-	24	0	FLA	4		34	28	15
Folic acid		0	0	FLA	4		0	0	0
Folate, food		24	0	FLA	4		34	28	15
Folate, DFE		24	0	NC	4		34	28	15
Choline, total		17.7	0	FLA	4		25.3	20.4	11.0
Betaine		17.7	U	FUA	-		25.3	20.4	11.0
Vitamin B-12		0.00	0		7		0.00	0.00	0.00
		0.00	0	z	7		0.00	0.00	0.00
Vitamin B-12, added		0.00	0	NC	4		0.00	0.00	0.00
Vitamin A, RAE		0	0	FLA	4		0	0	0
100110111111111111111111111111111111111		0	0		4		0	0	
Carotene, beta		0		FLA	4		0	0	0
Carotene, alpha		·	0	FLA			-		_
Cryptoxanthin, beta		0	0	FLA	4 4		0	0 0	0
Vitamin A, IU			_	NC			1		_
Lycopene		0	0	FLA	4		0	0	0
Lutein + zeaxanthin		17	•	FLA	4		24	19	10
Vitamin E (alpha-tocopherol)		0.54	0	FLA	4		0.77	0.62	0.34
Vitamin E, added		0.00	0	Z	7		0.00	0.00	0.00
Tocopherol, beta	-								
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta	-								
Tocotrienol, gamma									
Tocotrienol, delta			_	_	_				<u>.</u> -
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0	0.0	0.0
Vitamin D		0	0	Z	7		0	0	0
Vitamin K (phylloquinone)		2.7	0	FLA	4		3.9	3.1	1.7
Dihydrophylloquinone	110								

	<u>Am o</u>	unt in 10	00 grams	Amount in edible portion of common					
			Number					easures of foo	
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean S	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated9	0.695		0		4		0.994	0.799	0.431
4:0	0.000		0		4		0.000	0.000	0.000
6:0g	0.000		0		4		0.000	0.000	0.000
8:0g	0.000		0		4		0.000	0.000	0.000
10:0g	0.000		0		4		0.000	0.000	0.000
12:0g	0.000		0		4		0.000	0.000	0.000
13:0	0.000	'	U		-		0.000	0.000	0.000
14:0g	0.009	1	0		4		0.013	0.010	0.006
_	0.003		U		-		0.013	0.010	0.000
15:0g 16:0g	0.446		0		4		0.638	0.513	0.277
	0.440	,	U		*		0.638	0.513	0.277
17:0g	0.243		0		4		0.347	0.279	0.151
18:0g	0.243	•	U		*		0.347	0.279	0.151
20:0g									
22:0g									
24:0g Fatty acids, total monounsaturatedg	1.071		0		4		1.532	1.232	0.664
	1.071	•	U		-		1.552	1.232	0.004
14:1g									
15:1g 16:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
	0.000	'	U		*		0.000	0.000	0.000
17:1	1.070		0		4		1.530	1.231	0.663
-	0.000		0		4				0.000
20:1g	0.000		0		4		0.000	0.000 0.000	0.000
22:1 undifferentiatedg	0.000	'	U		*		0.000	0.000	0.000
24:1 cg	0.948		0		4		1.356	1.090	0.588
Fatty acids, total polyunsaturatedg	0.892		0		4		1.276	1.026	0.553
18:2 undifferentiated	0.055		0		4		0.079	0.063	0.034
	0.000		0		4		0.079	0.003	0.034
18:4g	0.000	,	U		4		0.000	0.000	0.000
20:2 n-6 c,c									
20:4 undifferentiated9	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000		0		4		0.000	0.000	0.000
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	0.000	'	U		-		0.000	0.000	0.000
21:5g									
22:4g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000	'	U		*		0.000	0.000	0.000
Fatty acids, total transg	0		0	NR	4		0	0	0
Cholesterolmg	U		U	NK	4		U	U	U
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0

Common Measures:

Measure 1 = 143g: 1 large Measure 2 = 115g: 1 medium Measure 3 = 62g: 1 small

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		AIII	ount in 10	o grams	or ean	bie portic	<u>)11</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	15.00		0		4		21.45	17.25	9.30
Energy	kcal	345		0	NC	4		493	397	214
Energy	kJ	1443		0	NC	4		2063	1659	895
Protein	g	8.20		0		4		11.73	9.43	5.08
Total lipid (fat)	g	3.10		0		4		4.43	3.57	1.92
Ash	g	2.66		0	0	4		3.80	3.06	1.65
Carbohydrate, by difference	g	71.04		0	NC	4		101.59	81.70	44.04
Fiber, total dietary	g	1.7		0		4		2.4	2.0	1.1
Sugars, total	g	0.25		0	FLA	4		0.35	0.28	0.15
Starch	g									
Minerals:										
	m a	22		0		4		22	26	1.4
Calcium, Ca	-	23 3.92		0		4 4		33 5.61	26 4.51	14 2.43
Iron, Fe	-	3.92 21		0		4		30	4.51 24	13
Phosphorus, P		79		0		4		113	91	49
Potassium, K		88		0		4		126	101	55
Sodium. Na	-	252		0	LC	8		360	290	156
Zinc. Zn		0.94		0		4		1.34	1.08	0.58
Copper, Cu		0.12		0		4		0.180	0.145	0.07
Manganese, Mn										
Selenium, Se		17.2		0	BFZN	4		24.6	19.8	10.7
*										
Vitamins:						_				
Vitamin C, total ascorbic acid	-	0.0	•	0		7 4		0.0	0.0	0.0
Thiamin	-	0.41		0		_		0.586	0.472	0.25
Riboflavin	-	0.29 4.27		0		4 4		0.415	0.334	0.18
Niacin Pantothenic acid	-	4.27	U	U		4		6.106	4.911	2.64
	-	0.02	0	0		4		0.029	0.023	0.01
Vitamin B-6	-	24	U	0	FLA	4		34	28	15
Folic acid		0		0	FLA	4		0	0	0
Folate, food		24		0	FLA	4		34	28	15
Folate, DFE		24		0	NC	4		34	28	15
Choline, total		17.7		0	FLA	4		25.3	20.4	11.0
Betaine		1,.,		·		•		23.3	20.1	11.0
Vitamin B-12	-	0.00		0		7		0.00	0.00	0.00
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.00
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Carotene, beta		0		0	FLA	4		0	0	0
Carotene, alpha		0		0	FLA	4		0	0	0
Cryptoxanthin, beta		0		0	FLA	4		0	0	0
Vitamin A, IU		0		0	NC	4		1	0	0
Lycopene		0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	17		0	FLA	4		24	19	10
Vitamin E (alpha-tocopherol)		0.54		0	FLA	4		0.77	0.62	0.34
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	<u>I</u> U	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	2.7		0	FLA	4		3.9	3.1	1.7

	<u>Am</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number					easures of foo	
					Sauraa (Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0.69	95	0		4		0.994	0.799	0.431
4:0g	0.00	00	0		4		0.000	0.000	0.000
6:0g	0.00	00	0		4		0.000	0.000	0.000
8:0g	0.00	00	0		4		0.000	0.000	0.000
10:0g	0.00	00	0		4		0.000	0.000	0.000
12:0g	0.00	00	0		4		0.000	0.000	0.000
13:0g									
14:0g	0.00)9	0		4		0.013	0.010	0.006
15:0g									
16:0g	0.44	16	0		4		0.638	0.513	0.277
17:0g									
18:0g	0.24	13	0		4		0.347	0.279	0.151
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	1.07	71	0		4		1.532	1.232	0.664
14:1g									
15:1g									
16:1 undifferentiatedg	0.00	00	0		4		0.000	0.000	0.000
17:1g									
18:1 undifferentiated	1.07	70	0		4		1.530	1.231	0.663
20:1g	0.00	00	0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.00	00	0		4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.94	18	0		4		1.356	1.090	0.588
18:2 undifferentiatedg	0.89	92	0		4		1.276	1.026	0.553
18:3 undifferentiatedg	0.05	55	0		4		0.079	0.063	0.034
18:4g	0.00	00	0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00	00	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.00	00	0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	00	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00	00	0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0	NR	4		0	0	0
Phytosterolsmg									
Others:			_		_				
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0

Common Measures:

Measure 1 = 143g: 1 large Measure 2 = 115g: 1 medium Measure 3 = 62g: 1 small

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am</u>	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number					easures of fo	
						Source C	Confidence	_		•
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:			_		_					
Water		7.5	0	0	0	4		1.65		
Energy		409		1	NC	4		90		
Energy		1712	_	0	NC	4		377		
Protein (N x 6.25)		9.0		1	LC	8		2.00		
Total lipid (fat)	-	9.0		1	LC	8		2.00		
Ash	-	1.6		0	FLC	4		0.35		
Carbohydrate, by difference		72.7	3	1	LC	8		16.00		
Fiber, total dietary		1.8		0	FLC	4		0.4		
Sugars, total		31.8	0	0	FLC	4		7.00		
Starch	g									
Minerals:										
Calcium, Ca	<u>m</u> g	31		0	FLC	4		7		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.5	6	0	0	4		0.56		
Magnesium, Mg		46		0	FLC	4		10		
Phosphorus, P		136		0	FLC	4		30		
Potassium, K		143		0	FLC	4		32		
Sodium, Na	-	500	_	1	ГC	8		110		
Zinc, Zn	-	1.7		0	FLC	4		0.39		
Copper, Cu		0.1		0	FLC	4		0.041		
Manganese, Mn	-	1.4	07	0	FLC	4		0.310		
Selenium, Se	µg	24.9		0	FLC	4		5.5		
Vitamins:				_		_				
Vitamin C, total ascorbic acid	-	0.0		1	LC	8		0.0		
Thiamin		0.6		1	LC	8		0.150		
Riboflavin	-	0.7		1 1	LC	8 8		0.170		
Niacin	-	9.0		0	LC	8 4		2.000		
Pantothenic acid Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.0		1	FLC LC	8		0.014 0.200		
Folate, total	-	15	09	0	0	4		3		
Folic acid		0		0	z	7		0		
Folate, food		15		0	FLC	4		3		
Folate, DFE		15		0	NC	4		3		
Choline, total		22.4		0	FLC	4		4.9		
Betaine	-			-		_				
Vitamin B-12	-	0.0	0	0	z	7		0.00		
Vitamin B-12, added		0.0		0	z	7		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Carotene, beta		0		0	FLC	4		0		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		0		1	LC	8		0		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	2.9	4	0	NR	4		0.65		
Vitamin E, added	mg	0.0	0	0	NC	4		0.00		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta		_		_	_	_				
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0		
Vitamin D		0		0	Z	7		0		
Vitamin K (phylloquinone)		1.2		0	FLC	4		0.3		
Dihydrophylloquinone	ua									

	<u>Am oun</u>	t in 100 grams	of edi	ble portion	Amount in edible portion of common			
		Num be i				<u>m</u>	easures of foo	od_
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.000	0	FLC	4		0.000		
4:0g	0.000	0	FLC	4		0.000		
6:0g	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.000	0	FLC	4		0.000		
13:0g				_				
14:0g	0.000	0	FLC	4		0.000		
15:0g				_				
16:0g	0.000	0	FLC	4		0.000		
17:0g	0.000	0	a			0.000		
18:0g	0.000	0	FLC FLC	4 4				
20:0g	0.000	U	FLC	4		0.000		
22:0g								
24:0g Fatty acids, total monounsaturatedg	6.567	0	FLC	4		1.445		
14:1g	0.307	· ·	FLC	-		1.443		
15:1g								
16:1 undifferentiated	0.017	0	FLC	4		0.004		
17:1	0.017	Ū	FEC	-		0.004		
18:1 undifferentiated	6.477	0	FLC	4		1.425		
20:1g	0.072	0	FLC	4		0.016		
22:1 undifferentiated	0.000	0	FLC	4		0.000		
24:1 c	0.000	0	FLC	4		0.000		
Fatty acids, total polyunsaturated9	2.049	0	FLC	4		0.451		
18:2 undifferentiatedg	1.967	0	FLC	4		0.433		
18:3 undifferentiated	0.082	0	FLC	4		0.018		
18:4	0.000	0	FLC	4		0.000		
20:2 n-6 c.c	0.000	0	FLC	4		0.000		
20:3 undifferentiatedg	0.000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g						0.000		
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total transg	0.000	1	LC	8		0.000		
Cholesterolmg	0	1	LC	8		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 22g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Amount in	roo grams	or ear	ne por no	<u>)111</u>	Amount in edible portion of common			
			Number	•			<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source (Confidence				
Nutrients and Ur	nite	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure	
Nutrients and Or	iits	Mean Std. Di	01				wicasure i	Weasure 2	Measure	
Proximates:										
Water	g	5.80	0		4		0.24			
Energy		392	0	NC	4		16			
Energy		1638	0	NC	4		69			
Protein		7.10	0		4		0.30			
Total lipid (fat)	-	4.30	0		4		0.18			
Ash	-	1.70	0	BFSN	4		0.07			
Carbohydrate, by difference	_	81.10	0	NC	4		3.41			
Fiber, total dietary		4.2	0		4		0.2			
Sugars, total		0.88	0	BFSN	4		0.04			
Starch		0.00	· ·	22 211	-		0.02			
Staten	9									
Minerals:										
Calcium, Ca	<u>m</u> g	11	0		4		0			
Iron, Fe	_	1.49	0		4		0.06			
Magnesium, Mg		131	0		4		6			
Phosphorus, P		360	0		4		15			
Potassium, K	_	428	0		4		18			
Sodium, Na	_	71	0		4		3			
Zinc, Zn	_	3.00	0		4		0.13			
Copper, Cu		0.445	0		4		0.019			
Manganese, Mn	_									
Selenium, Se	µg	24.6	0	BFZN	4		1.0			
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0	0		4		0.0			
Thiamin	_	0.060	0		4		0.003			
Riboflavin		0.160	0		4		0.007			
Niacin	_	7.810	0		4		0.328			
Pantothenic acid	_									
Vitamin B-6	_	0.150	0		4		0.006			
Folate, total	_	21	0		4		1			
Folic acid	µg	0	0	Z	7		0			
Folate, food	µg	21	0		4		1			
Folate, DFE		21	0	NC	4		1			
Choline, total		18.9	0	FLA	4		0.8			
Betaine										
Vitamin B-12	µg	0.00	0		7		0.00			
Vitamin B-12, added	µg	0.00	0	Z	7		0.00			
Vitamin A, RAE	µg	0	0	NC	4		0			
Retinol		0	0	Z	7		0			
Carotene, beta	µg	0	0	BFSN	4		0			
Carotene, alpha		0	0	BFSN	4		0			
Cryptoxanthin, beta		0	0	BFSN	4		0			
Vitamin A, IU		0	0	NC	4		0			
Lycopene		0	0	BFSN	4		0			
Lutein + zeaxanthin	µg	0	0	BFSN	4		0			
Vitamin E (alpha-tocopherol)		1.24	0	BFSN	4		0.05			
Vitamin E, added		0.00	0	Z	7		0.00			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0			
Vitamin D		0		Z	7		0			
Vitamin K (phylloquinone)		1.9	0	BFSN	4		0.1			
Dihydrophylloquinone										
Menaquinone-4										

	<u>1</u>	Amount in edible portion of common							
			Num be r				<u>m</u>	easures of foo	<u>oa</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0.87	5	0		4		0.037		
4:0g	0.00	0	0		7		0.000		
6:0g	0.00	0	0		7		0.000		
8:0g	0.00	0	0		7		0.000		
10:0g	0.00	0	0		7		0.000		
12:0g	0.00	0	0		4		0.000		
13:0g									
14:0g	0.01	5	0		4		0.001		
15:0g									
16:0g	0.73	7	0		4		0.031		
17:0g									
18:0g	0.07	7	0		4		0.003		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	1.58	2	0		4		0.066		
14:1g									
15:1g									
16:1 undifferentiatedg	0.01	5	0		4		0.001		
17:1g									
18:1 undifferentiated	1.56	6	0		4		0.066		
20:1g	0.00	0	0		7		0.000		
22:1 undifferentiatedg	0.00	0	0		7		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.52	0	0		4		0.064		
18:2 undifferentiated	1.49	0	0		4		0.063		
18:3 undifferentiated	0.01	5	0		4		0.001		
18:4g	0.00	0	0		7		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiated	0.00	0	0		7		0.000		
20:5 n-3 (EPA)	0.00	0	0		7		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	0	0		7		0.000		
22:6 n-3 (DHA)g	0.00	0	0		7		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0		7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeinemg	0		0	BFSN	4		0		
Theobrominemg	0		0	BFSN	4		0		

Common Measures:

Measure 1 = 4.2g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>An</u>	ount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of fo	od	
						Source (Confidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	0.1	1	0	FLC	4					
Energy	-	416		0	NC	4					
Energy		1739		0	NC	4					
Protein		10.0	0	0	NR	4					
Total lipid (fat)	_	5.0	0	0	LC	8					
Ash		2.2		0	FLC	4					
Carbohydrate, by difference	-	82.6	4	0	FLC	4					
Fiber, total dietary		0.0		0	LC	8					
Sugars, total		0.0	0	0	LC	8					
Starch											
Minerals:	ma	0		0		0					
Calcium, CaIron, Fe	_	0	0	0 0	LC LC	8 8					
Magnesium, Mg	-	156	U	0	FLC	4					
Phosphorus, P		362		0	FLC	4					
Potassium, K		243		0	FLC	4					
Sodium, Na		233		0	FLC	4					
Zine, Zn	-	2.2	0	0	FLC	4					
Copper, Cu		0.3	01	0	FLC	4					
Manganese, Mn		4.0	71	0	FLC	4					
Selenium, Se	µg	25.5		0	FLC	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	FLC	4					
Thiamin	_	0.4		0	FLC	4					
Riboflavin	_	0.1		0	FLC	4					
Niacin	_	5.5		0	FLC	4					
Pantothenic acid	_	1.6		0	FLC	4					
Vitamin B-6	_	0.5		0	FLC	4					
Folate, total	_	22		0	FLC	4					
Folic acid		0		0	FLC	4					
Folate, food		22		0	FLC	4					
Folate, DFE		22		0	NC	4					
Choline, total		33.4		0	FLC	4					
Betaine	mg	0.0		0	FLC	4					
Vitamin B-12	_	0.0	0	0	FLC	4					
Vitamin B-12, added	µg	0.0	0	0	FLC	4					
Vitamin A, RAE	µg	0		0	NC	4					
Retinol	µg	0		0	FLC	4					
Carotene, beta	µg	0		0	FLC	4					
Carotene, alpha	µg	0		0	FLC	4					
Cryptoxanthin, beta	µg	0		0	FLC	4					
Vitamin A, IU		0		0	FLC	4					
Lycopene		0		0	FLC	4					
Lutein + zeaxanthin		0		0	FLC	4					
Vitamin E (alpha-tocopherol)		1.2		0	FLC	4					
Vitamin E, added		0.0	0	0	FLC	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha	_										
Tocotrienol, beta Tocotrienol, gamma	_										
. 0											
Tocotrienol, delta Vitamin D (D2 + D3)		0.0		0	FLC	4					
Vitamin D (D2 + D3) Vitamin D		0.0		0	FLC	4					
Vitamin D Vitamin K (phylloquinone)		2.1		0	FLC	4					
Dihydrophylloquinone		2.1		U	I.IIC	-1					
Menaquinone-4											

	Amount in	100 grams		Amount in edible portion of common measures of food				
		Number						
Nutrients and Units	Mean Std. Er	of Data ror Points			Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.000	0	NC	4				
4:0g	0.000	0	FLC	4				
6:0g	0.000	0	FLC	4				
8:0g	0.000	0	FLC	4				
10:0g	0.000	0	FLC	4				
12:0g	0.000	0	FLC	4				
13:0g								
14:0g	0.000	0	FLC	4				
15:0g								
16:0g	0.000	0	FLC	4				
17:0g								
18:0g	0.000	0	FLC	4				
20:0g	0.000	0	FLC	4				
22:0g	0.000	0	FLC	4				
24:0g								
Fatty acids, total monounsaturated	3.021	0	NC	4				
14:1g								
15:1g								
16:1 undifferentiatedg	0.015	0	FLC	4				
17:1g								
18:1 undifferentiatedg	3.000	0	FLC	4				
20:1g	0.006	0	FLC	4				
22:1 undifferentiatedg	0.000	0	FLC	4				
24:1 cg								
Fatty acids, total polyunsaturatedg	1.641	0	NC	4				
18:2 undifferentiatedg	1.582	0	FLC	4				
18:3 undifferentiatedg	0.059	0	FLC	4				
18:4g	0.000	0	FLC	4				
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLC	4				
20:5 n-3 (EPA)g	0.000	0	FLC	4				
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4				
22:6 n-3 (DHA)g	0.000	0	FLC	4				
Fatty acids, total transg	0.002	0	FLC	4				
Cholesterolmg	0	0	FLC	4				
Phytosterolsmg	8	0	FLC	4				
Others:								
Alcohol, ethyl	0.0	0	FLC	4				
Caffeineg	0	0	FLC	4				
Theobrominemg	0	0	FLC	4				
111cooloninic	•	•		-				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am ount i</u>	in 100 grams	ot edil	ole porti	<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of fo	od_	
					Source	Confidence				
Nutrients and Uni	ts	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	7.76	0	FLC	4					
Energy	kcal	415	0	NC	4					
Energy	kJ	1736	0	NC	4					
Protein	g	28.00	0	LC	8					
Total lipid (fat)	g	12.00	0	LC	8					
Ash	-	3.51	0	FLC	4					
Carbohydrate, by difference	g	48.73	0	NC	4					
Fiber, total dietary	g	3.1	0	FLC	4					
Sugars, total		34.89	0	LC	8					
Starch	g	0.85	0	FLC	4					
Minerals:										
Calcium, Ca	mg	543	0	LC	8					
Iron, Fe	-	10.90	0	FLC	4					
Magnesium, Mg		119	0	FLC	4					
Phosphorus, P	mg	465	0	FLC	4					
Potassium, K	mg	678	0	FLC	4					
Sodium, Na	-	253	0	LC	8					
Zinc, Zn		3.52	0	FLC	4					
Copper, Cu	-	0.771	0	FLC	4					
Manganese, Mn	-	0.712	0	FLC	4					
Selenium, Se	µg	23.3	0	FLC	4					
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.2	0	FLC	4					
Thiamin	mg	1.628	0	FLC	4					
Riboflavin	mg	1.708	0	FLC	4					
Niacin	-	8.991	0	FLC	4					
Pantothenic acid	-	0.702	0	FLC	4					
Vitamin B-6	-	0.890	0	FLC	4					
Folate, total		126	0	FLC	4					
Folic acid		0	0	NR	4 4					
Folate, food		126 126	0	FLC NC	4					
Folate, DFE Choline, total		91.2	0	FLC	4					
Betaine	-	0.5	0	FLC	4					
Vitamin B-12		1.24	0	FLC	4					
Vitamin B-12, added		0.90	0	FLC	4					
Vitamin A, RAE		1496	0	NC	4					
Retinol		1495	0	FLC	4					
Carotene, beta		10	0	FLC	4					
Carotene, alpha		0	0	FLC	4					
Cryptoxanthin, beta	µg	0	0	FLC	4					
Vitamin A, IU	<u>I</u> U	5000	0	NC	4					
Lycopene		0	0	FLC	4					
Lutein + zeaxanthin		0	0	FLC	4					
Vitamin E (alpha-tocopherol)	-	5.84	0	FLC	4					
Vitamin E, added		2.42	0	FLC	4					
Tocopherol, beta		0.01	0	FLC	4					
Tocopherol, gamma		0.98	0	FLC	4					
Tocopherol, delta		0.43	0	FLC	4					
Tocotrienol, alpha		0.00 0.00	0	FLC	4 4					
Tocotrienol, beta		0.00	0	FLC FLC	4					
Tocotrienol, gamma Tocotrienol, delta		0.00	0	FLC	4					
Vitamin D (D2 + D3)		1.6	0	AS	1					
Vitamin D2 (ergocalciferol)		1.0	J	AD	-					
Vitamin D3 (cholecalciferol)		1.6	0	FLC	4					
Vitamin D. (choiceateneror)		65	0	FLC	4					
	µg	1.3	0	FLC						

	<u>Am ount</u>	in 100 grams	Amount in edible portion of common					
		Number					easures of fo	
				Cauras	Confidence			
Nutrients and Units	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone	0.0	0	FLC	4				
Menaquinone-4µg								
Lipids:								
Fatty acids, total saturatedg	1.149	0	FLC	4				
4:0g	0.004	0	FLC	4				
6:0	0.001	0	FLC	4				
8:0g	0.001	0	FLC	4				
10:0g	0.002	0	FLC	4				
12:0g	0.001	0	FLC	4				
13:0g	0.000	0	FLC	4				
14:0g	0.008	0	FLC	4				
15:0g	0.034	0	FLC	4				
16:0g	0.631	0	FLC	4				
17:0g	0.000	0	FLC	4				
18:0g	0.417	0	FLC	4				
20:0g	0.004	0	FLC	4				
22:0g	0.046	0	FLC	4				
24:0g	0.001	0	FLC	4				
Fatty acids, total monounsaturatedg	8.115	0	FLC	4				
14:19	0.000	0	FLC	4				
15:1g	0.000	0	FLC	4				
16:1 undifferentiatedg	0.003	0	FLC	4				
17:1g	0.000	0	FLC	4				
18:1 undifferentiated	8.035	0	FLC	4				
20:1g	0.066	0	FLC	4				
20:1	0.012	0	FLC	4				
	0.000	0	FLC	4				
24:1 c		0		4				
Fatty acids, total polyunsaturatedg	1.969 1.827	0	FLC FLC	4				
18:2 undifferentiated		0						
18:3 undifferentiatedg	0.141	0	FLC	4 4				
18:4g	0.000	0	FLC					
20:2 n-6 c,c	0.000	0	FLC	4				
20:3 undifferentiatedg	0.000	-	FLC	4 4				
20:4 undifferentiatedg	0.000	0	FLC					
20:5 n-3 (EPA)g	0.000	0	FLC	4				
21:5g	0.000	0	FLC	4				
22:4g	0.000	0	FLC	4				
22:5 n-3 (DPA)g	0.000	0	FLC	4				
22:6 n-3 (DHA)g	0.000	0	FLC	4				
Fatty acids, total trans9	0.001	0	FLC	4				
Cholesterolmg	1	0	FLC	4				
Phytosterolsmg	19	0	FLC	4				
Stigmasterolmg	•							
Campesterolmg	0	0	FLC	4				
Beta-sitosterolmg	0	0	FLC	4				
Others:								
Alcohol, ethylg	0.0	0	FLC	4				
Caffeinemg	4	0	FLC	4				
Theobrominemg	47	0	NR	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Ame	ount in 10	u gram s	Amount in edible portion of common						
				Number				measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	15.52		0	FLC	4		5.90			
Energy	kcal	383		0	NC	4		145			
Energy	kJ	1601		0	NC	4		608			
Protein	g	13.16		0	NC	4		5.00			
Total lipid (fat)	g	10.53		0	MC	9		4.00			
Ash		1.97		0	FLC	4		0.75			
Carbohydrate, by difference	g	58.84		0	NC	4		22.36			
Fiber, total dietary	g	7.9		0	MC	9		3.0			
Sugars, total	g	26.32		0	MC	9		10.00			
Starch	g										
Minerals:											
Calcium, Ca	ma	105		0	MC	9		40			
Iron, Fe	_	1.89		0	MC	9		0.72			
Magnesium, Mg		91		0	FLC	4		35			
Phosphorus, P	_	343		0	FLC	4		130			
Potassium, K		446		0	FLC	4		169			
Sodium, Na	mg	447		0	MC	9		170			
Zinc, Zn	<u>mg</u>	2.64		0	FLC	4		1.00			
Copper, Cu	mg	0.24	4	0	FLC	4		0.093			
Manganese, Mn	mg	1.96	3	0	FLC	4		0.746			
Selenium, Se	µg	19.8		0	FLC	4		7.5			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.6		0	FLC	4		0.2			
Thiamin	mg	0.28	3	0	FLC	4		0.107			
Riboflavin	mg	0.28	5	0	FLC	4		0.108			
Niacin	mg	0.85	8	0	FLC	4		0.326			
Pantothenic acid	mg	1.10	4	0	FLC	4		0.419			
Vitamin B-6	mg	0.11	6	0	FLC	4		0.044			
Folate, total	µg	28		0	FLC	4		11			
Folic acid	µg	0		0	FLC	4		0			
Folate, food	µg	28		0	FLC	4		11			
Folate, DFE		28		0	NC	4		11			
Choline, total		39.8		0	FLC	4		15.1			
Betaine		0.2		0	FLC	4		0.1			
Vitamin B-12		0.51		0	FLC	4		0.19			
Vitamin B-12, added		0.00		0	FLC	4		0.00			
Vitamin A, RAE		27		0	NC	4		10			
Retinol		26		0	FLC	4		10			
Carotene, beta		6 0		0	FLC	4		2			
Carotene, alpha		0		0	FLC FLC	4 4		0 0			
Cryptoxanthin, beta		97		0	NC	4		37			
Vitamin A, IU		0		0	FLC	4		0			
Lycopene		104		0	FLC	4		40			
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.29		0	FLC	4		0.11			
Vitamin E, added	_	0.00		0	FLC	4		0.00			
Tocopherol, beta		0.02		0	FLC	4		0.01			
Tocopherol, gamma		0.02		0	FLC	4		0.03			
Tocopherol, delta		0.00		0	FLC	4		0.00			
Tocotrienol, alpha		0.62		0	FLC	4		0.24			
Tocotrienol, beta		0.00		0	FLC	4		0.00			
Tocotrienol, gamma		0.00		0	FLC	4		0.00			
Tocotrienol, delta		0.00		0	FLC	4		0.00			
Vitamin D (D2 + D3)		0.1		0	AS	1		0.0			
Vitamin D2 (ergocalciferol)		0.0		0	FLC	4		0.0			
Vitamin D3 (cholecalciferol)		0.1		0	FLC	4		0.0			
Vitamin D		2		0	FLC	4		1			
	µg	1.6		0	FLC	4		0.6			

	Amount in	100 gram s	Amount in e	Amount in edible portion of common				
		Number	•			m	easures of fo	od
				Source C	onfidonco			
Nutrients and Units	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg	0.0	0	FLC	4		0.0		
Menaquinone-4µg	0.0	0	FLC	4		0.0		
Lipids:								
Fatty acids, total saturated	3.846	0	FLC	4		1.461		
4:0g	0.145	0	FLC	4		0.055		
6:0g	0.100	0	FLC	4		0.038		
8:0g	0.065	0	FLC	4		0.025		
10:0g	0.144	0	FLC	4		0.055		
12:0g	0.186	0	FLC	4		0.071		
13:0g								
14:0g	0.531	0	FLC	4		0.202		
15:0g	0.001	0	FLC	4		0.000		
16:0g	2.136	0	FLC	4		0.812		
17:0g	0.001	0	FLC	4		0.000		
18:0g	0.536	0	FLC	4		0.204		
20:0g	0.000	0	FLC	4		0.000		
22:0g	0.000	0	FLC	4		0.000		
24:0g	0.000	0	FLC	4		0.000		
Fatty acids, total monounsaturatedg	2.897	0	FLC	4		1.101		
14:1g	0.000	0	FLC	4		0.000		
15:1g	0.000	0	FLC	4		0.000		
16:1 undifferentiatedg	0.116	0	FLC	4		0.044		
17:1g	0.000	0	FLC	4		0.000		
18:1 undifferentiatedg	2.780	0	FLC	4		1.056		
20:1g	0.001	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg	0.000	0	FLC	4		0.000		
Fatty acids, total polyunsaturated	2.058	0	FLC	4		0.782		
18:2 undifferentiatedg	1.933	0	FLC	4		0.735		
18:3 undifferentiatedg	0.125	0	FLC	4		0.047		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c.cg	0.000	0	FLC	4		0.000		
20:3 undifferentiated	0.000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g								
22:4g	0.000	0	FLC	4		0.000		
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)9	0.000	0	FLC	4		0.000		
Fatty acids, total transg	0.001	0	FLC	4		0.000		
Cholesterolmg	0	0	MC	9		0		
Phytosterolsmg						-		
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 38g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		An	ount in 10	0 grams	Amount in edible portion of common					
				Num ber					easures of fo	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	3.0	16	0	FLC	4		0.86		
Energy		467	.0	0	NC	4		131		
Energy		1955		0	NC	4		547		
Protein (N x 6.25)		7.0	15	0	MC	9		1.98		
Total lipid (fat)	-	17.6		0	MC	9		4.94		
Ash		2.1		0	FLC	4		0.61		
	_	70.0		0	NC	4		19.62		
Carbohydrate, by difference		3.5		0	MC	9		1.0		
Fiber, total dietary		38.8		0	MC	9		10.86		
Sugars, total		30.0	.0	U	МС	9		10.86		
Starch	g									
Minerals:										
Calcium, Ca	mg	141		0	MC	9		40		
Iron, Fe	mg	2.5	4	0	MC	9		0.71		
Magnesium, Mg	mg	35		0	FLC	4		10		
Phosphorus, P	<u>m</u> g	128		0	FLC	4		36		
Potassium, K	mg	199		0	FLC	4		56		
Sodium, Na	-	494		0	MC	9		138		
Zinc, Zn		1.3		0	FLC	4		0.37		
Copper, Cu		0.2		0	FLC	4		0.073		
Manganese, Mn		0.4		0	FLC	4		0.126		
Selenium, Se	µg	14.5	ı	0	FLC	4		4.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0		
Thiamin	mg	0.3	60	0	FLC	4		0.101		
Riboflavin	mg	0.3	17	0	FLC	4		0.089		
Niacin	mg	2.3	98	0	FLC	4		0.671		
Pantothenic acid	mg	0.3	64	0	FLC	4		0.102		
Vitamin B-6	mg	0.0	31	0	FLC	4		0.009		
Folate, total	µg	74		0	FLC	4		21		
Folic acid		58		0	FLC	4		16		
Folate, food		16		0	FLC	4		4		
Folate, DFE		114		0	NC	4		32		
Choline, total	-	39.7		0	FLC	4		11.1		
Betaine	-		_							
Vitamin B-12		0.3		0	FLC	4		0.09		
Vitamin B-12, added		0.0	0	0	FLC	4		0.00		
Vitamin A, RAE		25 25		0	FLC	4		7		
Retinol				0	FLC	4		,		
Carotene, beta		0		0	FLC	4		0 0		
Carotene, alpha		_			FLC	4				
Cryptoxanthin, beta		0 83		0	FLC FLC	4 4		0 23		
Vitamin A, IU		0		0	FLC	4		0		
Lycopene Lutein + zeaxanthin		9		0	FLC	4		3		
Vitamin E (alpha-tocopherol)		0.6	:2	0	FLC	4		0.17		
Vitamin E, added		0.0		0	FLC	4		0.00		
Tocopherol, beta		0.0		0	FLC	4		0.00		
Tocopherol, gamma		0.5		0	FLC	4		0.15		
Tocopherol, delta		0.0		0	FLC	4		0.00		
Tocotrienol, alpha		0.0		0	FLC	4		0.00		
Tocotrienol, beta		0.0		0	FLC	4		0.01		
Tocotrienol, gamma	-	0.0		0	FLC	4		0.00		
Tocotrienol, delta		0.0		0	FLC	4		0.00		
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)		0.0		v	- 20	•		•••		
Vitamin D3 (cholecalciferol)										
Vitamin D		0		0	FLC	4		0		
Vitamin K (phylloquinone)		11.1		0	FLC	4		3.1		

	Ar	nount in 10	Amount in edible portion of common						
			Nivers is a m					easures of foo	
			Number of Data		Source (Confidence	<u></u>	<u> </u>	<u>u</u>
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone	µa 0.0	n	0	FLC	4		0.0		
Menaquinone-4		•	· ·	120	-		0.0		
Lipids:									
Fatty acids, total saturated	g 8.0	511	0	NC	4		2.411		
4:0	g 0.:	L52	0	FLC	4		0.043		
6:0	g 0.0	042	0	FLC	4		0.012		
8:0	=	047	0	FLC	4		0.013		
10:0	=	104	0	FLC	4 4		0.029		
13:0	=	108 000	0	FLC FLC	4		0.030 0.000		
14:0	=	507	0	FLC	4		0.142		
15:0	=	000	0	FLC	4		0.000		
16:0	-	L47	0	FLC	4		1.161		
17:0	g 0.0	005	0	FLC	4		0.002		
18:0	-	165	0	FLC	4		0.970		
20:0	9	030	0	FLC	4		0.008		
22:0	•	003	0	FLC	4		0.001		
24:0Fatty acids, total monounsaturated		000 293	0	FLC NC	4 4		0.000 0.922		
14:1		000	0	FLC	4		0.000		
15:1		000	0	FLC	4		0.000		
16:1 undifferentiated	•	191	0	FLC	4		0.054		
17:1	g 0.0	000	0	FLC	4		0.000		
18:1 undifferentiated	g 3.:	L02	0	FLC	4		0.868		
20:1		000	0	FLC	4		0.000		
22:1 undifferentiated	=	000	0	FLC	4		0.000		
24:1 cFatty acids, total polyunsaturated		000 320	0 0	FLC NC	4 4		0.000 0.790		
18:2 undifferentiated	=	522	0	FLC	4		0.706		
18:3 undifferentiated	•	298	0	FLC	4		0.083		
18:4	=	000	0	FLC	4		0.000		
20:2 n-6 c,c	g 0.0	000	0	FLC	4		0.000		
20:3 undifferentiated	=	000	0	FLC	4		0.000		
20:4 undifferentiated		000	0	FLC	4		0.000		
20:5 n-3 (EPA)	-	000	0	FLC	4		0.000		
21:5	•								
22:5 n-3 (DPA)	•	000	0	FLC	4		0.000		
22:6 n-3 (DHA)		000	0	FLC	4		0.000		
Fatty acids, total trans	g 0.0	000	0	FLC	4		0.000		
Cholesterol	mg 0		0	MC	9		0		
Phytosterols	mg								
Amino Acids:									
Tryptophan	•	047	0	FLC	4		0.013		
Threonine	•	L03	0	FLC	4		0.029		
Isoleucine	•	L31	0	FLC	4		0.037		
LeucineLysine	•	261 084	0	FLC FLC	4 4		0.073 0.023		
Methionine	•	067	0	FLC	4		0.023		
Cystine	•	080	0	FLC	4		0.023		
Phenylalanine		191	0	FLC	4		0.053		
Tyrosine	=	115	0	FLC	4		0.032		
Valine		152	0	FLC	4		0.043		
Arginine	•	L53	0	FLC	4		0.043		
Histidine	•	084	0	FLC	4		0.024		
Alanine	•	L22 L60	0	FLC FLC	4 4		0.034 0.045		
Aspartic acidGlutamic acid	•	277	0	FLC	4		0.045		
Glycine	•	L36	0	FLC	4		0.038		
Proline	•	140	0	FLC	4		0.123		
Serine		189	0	FLC	4		0.053		
Hydroxyproline	g								

	Amount in edible portion of common measures of food							
Nutrients and Units	Mean St	of Da d.Error Poin			Confidence Code	Measure 1	Measure 2	Measure 3
Others:								
Alcohol, ethylg	0.0		0 FLC	4		0.0		
Caffeinemg	8		0 FLC	4		2		
Theobrominemg	87		0 FLC	4		24		

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am ou</u>	nt in 100 gr	ams	ble portion		Amount in edible portion of common			
			Nur	nber					easures of foo	
						Source Co	nfidence			
Nutrients and	Units	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	2.37	0.057	6	A	1		0.66	0.62	0.67
Energy		545		0	NC	4		153	142	154
Energy		2280		0	NC	4		638	593	646
Protein (N x 6.25)		4.62	0.098	6	A	1		1.29	1.20	1.31
Total lipid (fat)	_	35.28	0.439	6	A	1		9.88	9.17	10.00
Ash		2.34	0.089	6	A	1		0.66	0.61	0.66
Carbohydrate, by difference	_	55.38		0	NC	4		15.51	14.40	15.70
Fiber, total dietary		2.9	0.127	3	A	1		0.8	0.7	0.8
Sugars, total		0.76	*****	2	A	1		0.21	0.20	0.22
<u> </u>		0.43	0.033	3	A	1		0.12	0.11	0.12
Sucrose		0.43	0.033	2	A	1		0.02	0.02	0.02
Glucose (dextrose)		0.07	0.033	3	A	1		0.02	0.02	0.02
Fructose	9	0.17	0.000	3	A	1		0.00		0.00
Lactose				3		1			0.00	
Maltose		0.09 0.00	0.009	3	A A	1		0.03	0.02 0.00	0.03
Galactose			0.000							
Starch	g	51.40		2	A	1		14.39	13.36	14.57
Minerals:				_	_	_		_	_	_
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	17	0.791	6	A	1		5	5	5
Iron, Fe		0.80	0.027	6	A	1		0.22	0.21	0.23
Magnesium, Mg		40	1.264	6	A	1		11	10	11
Phosphorus, P		110	4.849	6	A	1		31	29	31
Potassium, K		637	25.743	6	A	1		178	166	180
Sodium, Na		400	24.171	6	A	1		112	104	113
Zinc, Zn		0.58	0.031	6	A	1		0.16	0.15	0.16
Copper, Cu		0.136	0.011	6	A	1 1		0.038	0.035	0.03
Manganese, Mn Selenium, Se		0.260 0.4	0.018	6 3	A A	1		0.073 0.1	0.068 0.1	0.07 0.1
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.2	0.255	3	А	1		0.3	0.3	0.3
Thiamin	_	0.210	0.040	3	A	1		0.059	0.055	0.06
Riboflavin	_	0.070	0.000	3	A	1		0.020	0.018	0.02
Niacin	•	2.653	0.007	3	A	1		0.743	0.690	0.75
Pantothenic acid	_	0.595	0.007	2	A	1		0.167	0.155	0.16
Vitamin B-6		0.493	0.012	3	A	1		0.138	0.128	0.14
Folate, total		19	3.362	3	A	1		5	5	5
Folic acid		0	3,332	0	FLA	4		0	0	0
Folate, food		19	3.362		A	1		5	5	5
Folate, DFE		19		0	NC	4		5	5	5
Choline, total		32.8		0	NR	4		9.2	8.5	9.3
Betaine	_			-		_				
Vitamin B-12	_	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.00
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Carotene, beta		0		0	FLA	4		0	0	0
Carotene, alpha		0		0	FLA	4		Ö	0	0
Cryptoxanthin, beta		0		0	FLA	4		0	0	0
Vitamin A, IU		0		1	1	4		Ö	0	0
Lycopene		0		0	FLA	4		0	0	0
Lutein + zeaxanthin		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		13.72	0.562	3	A	1		3.84	3.57	3.89
Vitamin E (alpha-tocopheror)		0.00	3.302	0	Z	7		0.00	0.00	0.00
Tocopherol, beta		0.15	0.018	3	A	1		0.04	0.04	0.04
Tocopherol, gamma		9.52	0.644	3	A	1		2.66	2.47	2.70
		0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta		0.35	0.000	3	A	1		0.10	0.00	0.00
Tocotrienol, alpha	9	0.09	0.032		A	1		0.10	0.09	0.10

	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food				
							Source	Confidence	<u></u>	<u> </u>	<u>~</u>
Nutrients and Units	Mean	Sto	d. Error				Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.			073	3	A	1		0.16	0.15	0.17
Tocotrienol, delta	0.		0.	000	3 0	A Z	1 7		0.00 0.0	0.00 0.0	0.00
Vitamin D (D2 + D3)µg Vitamin D2 (ergocalciferol)µg	0.	U			U	2	,		0.0	0.0	0.0
Vitamin D2 (ergocalciferor)µg											
Vitamin DIU	0				0	Z	7		0	0	0
Vitamin K (phylloquinone)	7.	2			0	BFSN	4		2.0	1.9	2.0
Dihydrophylloquinoneµg Menaquinone-4µg											
Lipids:		643			0	NC	4		2.420	2.247	2.450
Fatty acids, total saturated		000	0.	000	3	A.	1		0.000	0.000	0.000
6:0g		000		000	3	A	1		0.000	0.000	0.000
8:0g	0.	007	0.	004	3	A	1		0.002	0.002	0.002
10:0g		000		000	3	A	1		0.000	0.000	0.000
12:0g	0.	000	0.	000	3	A	1		0.000	0.000	0.000
13:0g	0	201	0	000	2	A	1		0.070	0.073	0 080
14:0g 15:0g		281 009		000 000	3	A	1		0.079 0.002	0.073 0.002	0.080 0.003
16:0g		334		223	3	A	1		2.053	1.907	2.079
17:0g		026		001	3	A	1		0.007	0.007	0.007
18:0g	0.	823	0.	026	3	A	1		0.231	0.214	0.233
20:0g		090		003	3	A	1		0.025	0.023	0.025
22:0g		041		001	3	A	1		0.011	0.011	0.012
24:0g Fatty acids, total monounsaturatedg		033 140	0.	001	3 0	A NC	1 4		0.009 1.719	0.009 1.596	0.009 1.741
14:1g		000	0.	000	3	A.	1		0.000	0.000	0.000
15:1g		000		000	3	A	1		0.000	0.000	0.000
16:1 undifferentiatedg		181		006	3	AS	1		0.051	0.047	0.051
16:1 cg	0.	177	0.	007	8	A	1		0.049	0.046	0.050
16:1 tg		000		000	3	A	1		0.000	0.000	0.000
17:1g		015		001	3	A	1		0.004	0.004	0.004
18:1 undifferentiatedg 18:1 cg		912 872		232 230	3 3	AS A	1 1		1.655 1.644	1.537 1.527	1.676 1.665
18:1 tg		040		002	3	A	1		0.011	0.010	0.011
18:1-11 t (18:1t n-7)g											
20:1g	0.	032	0.	001	3	A	1		0.009	0.008	0.009
22:1 undifferentiatedg		000		000	3	AS	1		0.000	0.000	0.000
22:1 cg		000		000	8	A	1		0.000	0.000	0.000
22:1 tg 24:1 cg		000 000		000	3	A A	1 1		0.000 0.000	0.000 0.000	0.000
Fatty acids, total polyunsaturatedg	15.		٠.	000	0	NC	4		4.341	4.031	4.395
18:2 undifferentiatedg	15.		0.	592	3	AS	1		4.323	4.014	4.377
18:2 n-6 c,cg	15.	206	0.	598	3	A	1		4.258	3.954	4.311
18:2 CLAsg	0.	047	0.	002	8	A	1		0.013	0.012	0.013
18:2 t,tg											
18:2 ig 18:2 t not further definedg	0	187	0	009	3	A	1		0.052	0.040	0.053
18:2 t not further definedg		053		003	3	AS	1		0.052	0.049 0.014	0.015
18:3 n-3 c.c.c (ALA)g		049		002	3	A	1		0.014	0.013	0.014
18:3 n-6 c,c,cg	0.	004	0.	000	3	A	1		0.001	0.001	0.001
18:3ig		000		000	3	A	1		0.000	0.000	0.000
18:4g		000		000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c		004		000	8 3	A NG	1 1		0.001	0.001	0.001
20:3 undifferentiatedg 20:3 n-3g		000 000		000	3	AS A	1		0.000 0.000	0.000 0.000	0.000
20:3 n-6g		000		000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated		007		000	3	A	1		0.002	0.002	0.002
20:4 n-6g											
20:5 n-3 (EPA)g	0.	002	0.	001	3	A	1		0.000	0.000	0.000
21:5g	•	000	^	000	2	_	4				0.000
22:4g 22:5 n-3 (DPA)g		000 000		000	3	A A	1 1		0.000 0.000	0.000 0.000	0.000
22.3 II-3 (DI A)9	0.		٠.	300	J	•	_		3.000	0.000	0.000

	<u>Am ount</u>	in 100 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std.				Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000 3	A	1		0.000	0.000	0.000
Fatty acids, total transg	0.227	0.000 3	NC.	4		0.063	0.059	0.064
Fatty acids, total trans-monoenoicg	0.040	0	NC	4		0.011	0.033	0.011
Fatty acids, total trans-monochoicg	0.187	0	NC	4		0.052	0.010	0.053
Cholesterolmg	0	2	110	1		0	0	0
Phytosterolsmg	34	0	FLA	4		9	9	10
Amino Acids:								
Tryptophang	0.046	0		1		0.013	0.012	0.013
Threonineg	0.258	0		1		0.072	0.067	0.073
Isoleucineg	0.261	0		1		0.073	0.068	0.074
Leucineg	0.389	0		1		0.109	0.101	0.110
Lysineg	0.372	0		1		0.104	0.097	0.105
Methionineg	0.069	0		1		0.019	0.018	0.020
Cystineg	0.076	0		1		0.021	0.020	0.022
Phenylalanineg	0.272	0		1		0.076	0.071	0.077
Tyrosineg	0.233	0		1		0.065	0.061	0.066
Valineg	0.346	0		1		0.097	0.090	0.098
Arginineg	0.287	0		1		0.080	0.075	0.081
Histidineg	0.132	0		1		0.037	0.034	0.037
Alanineg	0.213	0		1		0.060	0.055	0.060
Aspartic acidg	1.195	0		1		0.335	0.311	0.339
Glutamic acidg	0.989	0		1		0.277	0.257	0.280
Glycineg	0.204	0		1		0.057	0.053	0.058
Prolineg	0.215	0		1		0.060	0.056	0.061
Serineg	0.243	0		1		0.068	0.063	0.069
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	FLA	4		0	0	0
Theobrominemg	0	0	FLA	4		0	0	0

Common Measures:

Measure 1 = 28g: 1 oz Measure 2 = 26g: 16 chips Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		Amou	nt in 100	grams	or ean	ne portio	<u> </u>	Amount in edible portion of common			
			N	umber				measures of food			
			c	of Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean Sto	d. Error I	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		11.00		0	NR	4		7.48			
Energy	kcal	346		2	LC	8		235			
Energy	kJ	1446		0	LC	8		983			
Protein	g	14.71		2	LC	8		10.00			
Total lipid (fat)	g	5.88		2	LC	8		4.00			
Ash	g	2.65		0	FLC	4		1.80			
Carbohydrate, by difference	g	65.44		2	LC	8		44.50			
Fiber, total dietary	g	7.4		2	LC	8		5.0			
Sugars, total	g	31.62		2	LC	8		21.50			
Starch	g										
Minarala											
Minerals:	ma	360		2		0		250			
Calcium, Ca	-	368 6.62		2 2	LC	8 8		250 4.50			
Iron, Fe	-	6.62 147		2	LC	8		4.50 100			
Magnesium, Mg Phosphorus, P		147 294		2	FC.	8 8		200			
Potassium, K		412		2	LC LC	8		280			
Sodium, Na	-	195		2	LC	8		133			
Zinc, Zn	-	4.41		2	LC	8		3.00			
Copper, Cu	-	0.441		2	LC	8		0.300			
Manganese, Mn		2.146		0	FLC	4		1.459			
Selenium, Se	-	20.6		2	LC	8		14.0			
•											
Vitamins:				_		•					
Vitamin C, total ascorbic acid	_	88.2		2	LC	8 8		60.0			
Thiamin		0.551			LC			0.375			
Riboflavin	-	0.375		2	LC	8		0.255			
Niacin	-	4.412		2	LC	8 8		3.000			
Pantothenic acid Vitamin B-6	_	2.206 0.588		2	LC	8		1.500 0.400			
	-	118		2	LC	8		80			
Folic acid		0		0	Z	7		0			
Folate, food		118		0	NR	4		80			
Folate, DFE		118		0	NC	4		80			
Choline, total		46.2		0	FLC	4		31.4			
Betaine	-	10.2		Ū	FEC	-		31.4			
Vitamin B-12		1.32		2	LC	8		0.90			
Vitamin B-12. added		0.00		0	Z	7		0.00			
Vitamin A, RAE		1		0	NC	4		1			
Retinol		0		0	FLC	4		0			
Carotene, beta		12		0	FLC	4		8			
Carotene, alpha		0		0	FLC	4		0			
Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU		20		0	NC	4		14			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		37		0	FLC	4		25			
Vitamin E (alpha-tocopherol)		0.24		0	FLC	4		0.16			
Vitamin E, added		0.00		0	Z	7		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0			
Vitamin D	IU	0		0	FLC	4		0			
Vitamin K (phylloquinone)	µg	36.8		1	LC	8		25.0			
Dihydrophylloquinone											
Menaquinone-4											

	Amo	ount in 10	00 grams		Amount in edible portion of common measures of food				
			Number		_		<u></u>	casares or roc	<u> </u>
Nutrients and Units	Mean S	Std. Erro	of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	1.47		2	LC	8		1.000		
4:0g	0.000		0	FLC	4		0.000		
6:0g	0.000		0	FLC	4		0.000		
8:0g	0.000		0	FLC	4		0.000		
10:0g	0.000		0	FLC	4		0.000		
12:0g	0.00	5	0	FLC	4		0.003		
13:0g									
14:0g	0.01		0	FLC	4		0.008		
15:0g	0.000		0	FLC	4		0.000		
16:0g	0.533		0	FLC FLC	4 4		0.362 0.000		
17:0g 18:0g	0.11		0	FLC	4		0.080		
20:0g	0.000		0	FLC	4		0.000		
22:0g	0.000		0	FLC	4		0.000		
24:0g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturatedg	1.09		0	FLC	4		0.743		
14:1g	0.000		0	FLC	4		0.000		
15:1g			•		-				
16:1 undifferentiated	0.01	L	0	FLC	4		0.007		
17:1g									
18:1 undifferentiatedg	1.082	2	0	FLC	4		0.736		
20:1g	0.000)	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000)	0	FLC	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	2.183	2	0	FLC	4		1.484		
18:2 undifferentiatedg	1.96	3	0	FLC	4		1.335		
18:3 undifferentiatedg	0.219		0	FLC	4		0.149		
18:4g	0.000)	0	FLC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000)	0	FLC	4		0.000		
21:5g									
22:4g 22:5 n-3 (DPA)g	0.000	,	0	FLC	4		0.000		
22:5 n-3 (DPA)g	0.000		0	FLC	4		0.000		
Fatty acids, total trans	0.000		2	LC	8		0.000		
Cholesterolmg		•	2	LC	8		0.000		
Phytosterolsmg				110	3		•		
·									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg			0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		

Common Measures:

Measure 1 = 68g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10	00 grams	of edi	ble porti	<u>ion</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence	_		_	
Nutrients and Un	nits	Mean	Std. Erroi				Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	а	14.70		1	A	1		3.82			
Energy	-	341		0	NC	4		89			
Energy		1428		•		4		371			
Protein		4.40		1	A	1		1.14			
Total lipid (fat)	_	0.00		1	A	1		0.00			
• ' '		0.00		1	A	1		0.00			
Ash				0		4					
Carbohydrate, by difference		80.90		U	NC	4		21.03			
Fiber, total dietary											
Sugars, total	_										
Starch	g										
Minerals:											
Calcium, Ca	mg										
Iron, Fe	-										
Magnesium, Mg	-										
Phosphorus, P											
Potassium, K											
Sodium, Na	-	36		1	A	1		9			
Zinc, Zn											
Copper, Cu	-										
Manganese, Mn											
Selenium, Se											
Vitamins:											
Vitamin C, total ascorbic acid	ma	90.3		1	A	1		23.5			
Thiamin	-	2000		_		_		2000			
Riboflavin	-										
Niacin	-										
Pantothenic acid	-										
Vitamin B-6	-										
Folate, total	-										
Folate, DFE											
Choline, total											
Betaine	-										
Vitamin B-12	-										
Vitamin A, RAE	µg										
Vitamin A, IU	<u>j</u> U	5436		1	MA	12		1413			
Lycopene											
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha											
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	ug										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 pouch

NDB No. 19272

Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	0 grams	of edi	<u>n</u>	Amount in edible portion of common			
				Num ber					easures of fo	
						Source (Confidence			
Nutrients and	Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	2.5	0	0	0	4		0.71		
Energy.	-	491	•	0	NC	4		139		
Energy		2055		0	NC	4		583		
Protein		8.0	0	0	0	4		2.29		
	=	22.2		0	0	4		6.30		
Total lipid (fat)	-	2.5		0	0	4		0.71		
Ash	-			0		4		18.34		
Carbohydrate, by difference		64.7		-	NC					
Fiber, total dietary		8.1		0	0	4		2.3		
Sugars, total		7.0	5	0	0	4		2.00		
Starch	g									
Minerals:		4.7		•	•					
Calcium, Ca	_	41		0	NR	4		11		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.4	1	0	0	4		0.40		
Magnesium, Mg		61		0	0	4		17		
Phosphorus, P	_	245		0	0	4		69		
Potassium, K		238		0	0	4		67		
Sodium, Na	_	705		0	T	4		200		
Zinc, Zn		1.3	4	0	0	4		0.38		
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	_	0.9		1	NR	4		0.2		
Thiamin		0.1		0	0	4		0.048		
Riboflavin	_	0.1		0	0	4		0.034		
Niacin	_	1.9	75	0	0	4		0.560		
Pantothenic acid	-									
Vitamin B-6	_	0.2	69	0	NR	4		0.076		
Folate, total		0		0	NR	4		0		
Folic acid										
Folate, food		0		0	NR	4		0		
Folate, DFE										
Choline, total	_									
Betaine										
Vitamin B-12		0.0		0	Z	7		0.00		
Vitamin B-12, added		0.0	0	0	Z	7		0.00		
Vitamin A, RAE		22		0	NC	4		6		
Retinol		0		0	Z	7		0		
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		222		0	0	4		63		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>Am o</u>	unt in 10	0 gram s	Amount in edible portion of common					
			Number				measures of food		
Nutrients and Units	Mean S	itd. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:	2.892		0	0	4		0.820		
Fatty acids, total saturatedg Fatty acids, total monounsaturatedg	12.557		0	0	4		3.560		
Fatty acids, total polyunsaturatedg	6.631		0	0	4		1.880		
Fatty acids, total transg	0.176		0	0	4		0.050		
Cholesterolmg	0		0	NR	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am oun</u>	t in 100 gr	am s	<u>n</u>	Amount in edible portion of common				
			Num	nber				•	easures of fo	
						Source (Confidence			
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		2.04	0.046	4	A	1		0.58		
Energy		491		0	NC	4		139		
Energy		2054		0	NC	4		582		
Protein		7.95	0.064	4	A	1		2.25		
Total lipid (fat)		21.11	0.191	4	A	1		5.98		
Ash		1.63	0.101	4	A	1		0.46		
Carbohydrate, by difference		67.26		0	NC	4		19.07		
Fiber, total dietary		8.8		0	T	4		2.5		
Sugars, total	g	7.20	0.118	4	A	1		2.04		
Sucrose	g	6.90	0.074	4	A	1		1.96		
Glucose (dextrose)	g	0.16	0.031	4	A	1		0.05		
Fructose	g	0.13	0.038	4	A	1		0.04		
Lactose		0.00	0.000	4	A	1		0.00		
Maltose		0.00	0.000	4	A	1		0.00		
Galactose		0.00	0.000	4	A	1		0.00		
Starch										
Minerals:										
Calcium, Ca	mg	20	1.059	4	A	1		6		
Iron, Fe	mg	1.74	0.005	4	A	1		0.49		
Magnesium, Mg	mg	76	0.482	4	A	1		22		
Phosphorus, P		222	0.250	4	A	1		63		
Potassium, K		232	2.496	4	A	1		66		
Sodium, Na		423		0	T	4		120		
Zinc, Zn		1.65	0.012	4	A	1		0.47		
Copper, Cu		0.227	0.004	4	A	1		0.064		
Manganese, Mn Selenium, Se		1.310 12.2	0.018	4 0	A A	1 1		0.371 3.5		
	р9	12.2		Ü		-		3.3		
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin	_	0.140		1	A	1		0.040		
Riboflavin	_	0.020		1	A	1		0.006		
Niacin	=	2.100		1	A	1		0.595		
Pantothenic acid	_	0.900		1	A	1		0.255		
Vitamin B-6	•	0.200		1	A	1		0.057		
Folate, total		25		1	A	1		7		
Folic acid		8		1	A	1		2		
Folate, food		17		0	AS	1		5		
Folate, DFE		31		0	NC	4		9		
Choline, total		14.8		0	AS	1		4.2		
Betaine	_	39.1		1	A	1		11.1		
Vitamin B-12	_	0.00		0	Z	7		0.00		
Vitamin B-12, added		0.00		0	z	7		0.00		
Vitamin A, RAE		3		0	NC	4		1		
Retinol		0		0	z	7		0		
Carotene, beta		29		0	FLC	4		8		
Carotene, alpha	• =	19		0	FLC	4		5		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		65		0	NC	4		18		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		441		0	FLC	4		125		
Vitamin E (alpha-tocopherol)		7.04	0.086	4	A	1		2.00		
Vitamin E, added		0.00		0	z	7		0.00		
Tocopherol, beta		0.24	0.003	4	A	1		0.07		
Tocopherol, gamma		1.43	0.040	4	A	1		0.41		
Tocopherol, delta		0.11	0.006	4	A	1		0.03		
Tocotrienol, alpha		0.35	0.008	4	A	1		0.10		
Tocotrienol, beta		0.00	0.000		A	1		0.00		

	<u>A</u>	m our				ible port	<u>ion</u>		dible portion o	
				umb st Dad		Source	Confidence	<u></u>	<u> </u>	<u>u</u>
Nutrients and Units	Mean	Std	I. Error				Confidence	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.	32	0.01	1 4	A	1		0.09		
Tocotrienol, deltamg	0.	00	0.00	0 4	A	1		0.00		
Vitamin D (D2 + D3)µg	0.	0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol)µg										
Vitamin D3 (cholecalciferol)µg Vitamin D	0			0	NR	4		0		
Vitamin K (phylloquinone)µg	2.	4	0.15			1		0.7		
DihydrophylloquinoneUg	0.	1	0.02	25 4	A	1		0.0		
Menaquinone-4µg	0.	0	0.00	0 4	A	1		0.0		
Lipids:										
Fatty acids, total saturated	2.	166		0	NC	4		0.614		
4:0g	0.	000		0	NR	4		0.000		
6:0g		000		0		4		0.000		
8:0g		000	0.00			1		0.000		
10:0g		000	0.00			1		0.000		
12:0g 13:0g	0.	000	0.00	00 4	A	1		0.000		
14:0g	0.	000	0.00	0 4	A	1		0.000		
15:0g		000	0.00			1		0.000		
16:0g	1.	265	0.01	.7 4	A	1		0.359		
17:0g	0.	000	0.00	0 4	A	1		0.000		
18:0g		687	0.01			1		0.195		
20:0g		062	0.00			1		0.017		
22:0g	0.	152	0.00)2 4	A	1		0.043		
24:0g Fatty acids, total monounsaturatedg	11.	501		0	NC	4		3.261		
14:1g		000	0.00			1		0.000		
15:1g	0.	000	0.00		A	1		0.000		
16:1 undifferentiatedg	0.	000	0.00	0 4	A	1		0.000		
17:1g		000	0.00			1		0.000		
18:1 undifferentiatedg		447		0		1		3.245		
18:1 cg 18:1 tg		423 025	0.17			1 1		3.238 0.007		
18:1-11 t (18:1t n-7)	٠.	025	0.00	,		-		0.007		
20:1g	0.	054	0.00	1 4	A	1		0.015		
22:1 undifferentiatedg	0.	000		0	FLC	4		0.000		
24:1 cg										
Fatty acids, total polyunsaturatedg		513		0		4		1.846		
18:2 undifferentiated		420 357	0.05	0 52 4		1 1		1.820		
18:2 n-6 c,cg 18:2 CLAsg	0.	337	0.05)	A			1.802		
18:2 t,tg	0.	063	0.00)4 4	A	1		0.018		
18:2 ig										
18:2 t not further definedg										
18:3 undifferentiatedg		093		0		1		0.026		
18:3 n-3 c,c,c (ALA)		093 000	0.00			1 1		0.026 0.000		
18:3 n-6 c,c,c	0.	000	0.00)U 4	A			0.000		
18:4g	0.	000		0	NR	4		0.000		
20:2 n-6 c,cg	0.	000	0.00	0 4	A	1		0.000		
20:3 undifferentiatedg	0.	000	0.00	0 4	A	1		0.000		
20:3 n-3g										
20:3 n-6	•	000	0.00	00 4	7	1		0.000		
20:4 undifferentiatedg 20:4 n-6g	0.	000	0.00	00 4	A	1		0.000		
20:4 n-6g 20:5 n-3 (EPA)g	0.	000		0	NR	4		0.000		
21:5g	- •	-		٠		-				
22:4g										
22:5 n-3 (DPA)g		000		0		4		0.000		
22:6 n-3 (DHA)g		000		0		4		0.000		
Fatty acids, total trans		088 025		0		4 4		0.025 0.007		
Fatty acids, total trans-monoenoic9 Fatty acids, total trans-polyenoic9		063		0		4		0.007		
zany ucius, total trans poryonoleg	٠,٠			·		=		0.023		

		An	nount in 10	0 grams		Amount in edible portion of common measures of food				
						C	0	·		
Nutrients and Unit	s	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
CholesterolPhytosterols		0		0	NR	4		0		
•										
Amino Acids:			770					0.000		
Tryptophan	_	0.0		0	A	1		0.020		
Threonine	-	0.2		0	A	1		0.065		
Isoleucine		0.1		0	A	1		0.051		
Leucine		0.8		0	A	1		0.249		
Lysine	-	0.2		0	A	1		0.057		
Methionine	_	0.1		0	A	1		0.043		
Cystine	-	0.1		0	A	1		0.034		
Phenylalanine	_	0.3		0	A	1		0.096		
Tyrosine	-	0.1		0	A	1		0.048		
Valine		0.2		0	A	1		0.079		
Arginine		0.3		0	A	1		0.096		
Histidine	g	0.1	L60	0	A	1		0.045		
Alanine	g	0.4	130	0	A	1		0.122		
Aspartic acid	g	0.6	510	0	A	1		0.173		
Glutamic acid	g	1.9	970	0	A	1		0.559		
Glycine	g	0.3	350	0	A	1		0.099		
Proline	g	0.7	700	0	A	1		0.198		
Serine	g	0.5	500	0	A	1		0.142		
Hydroxyproline	g	0.0	000	1	A	1		0.000		
Others:										
Alcohol, ethyl	g	0.0)	0	z	7		0.0		
Caffeine	-	0		0	z	7		0		
Theobromine	• • • • • • • • • • • • • • • • • • • •	0		0	z	7		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

Menaquinone-4.....µg

		Am	ount in 10	u gram s	ot edi	pie porti	<u>on</u>	Amount in edible portion of common			
				Num be r				<u>m</u>	easures of fo	od_	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximatos											
Proximates: Water	g	2.0	4	1	NR	4		0.58			
Energy	-	496		0	NC	4		141			
Energy		2075		0	NC	4		588			
Protein		8.6	8	1	NR	4		2.46			
Total lipid (fat)		22.1		1	NR	4		6.28			
Ash		1.6		1	NC	4		0.46			
Carbohydrate, by difference	-	65.4		0	NC	4		18.57			
Fiber, total dietary		7.8		1	NR	4		2.2			
•		8.8		1	NR	4		2.50			
Sugars, total		0.0	2	1	NR	4		2.50			
Starch	g										
Minerals:											
Calcium, Ca	mg	42		1	NR	4		12			
Iron, Fe	-	1.5	5	1	NR	4		0.44			
Magnesium, Mg	mg	67		1	NR	4		19			
Phosphorus, P		215		1	NR	4		61			
Potassium, K	mg	257		1	NR	4		73			
Sodium, Na	<u>mg</u>	467		1	NR	4		132			
Zinc, Zn	mg	1.3	8	1	NR	4		0.39			
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.9		1	NR	4		0.2			
Thiamin	-	0.1		1	NR NR	4		0.053			
Riboflavin	-	0.0		1	NR NR	4		0.005			
Niacin	-	2.3		1	NR NR	4		0.680			
	-	2.3	3 3	_	NK	*		0.000			
Pantothenic acid Vitamin B-6	-	0.2	00	1	NR	4		0.082			
Folate, total	-	18	09	0	NR NR	4		5			
Folic acid		10		•	1410	-		3			
Folate, food		18		0	NR	4		5			
Folate, DFE		10		U	NK	-		3			
Choline, total											
Betaine	-										
Vitamin B-12		0.0	0	0	z	7		0.00			
Vitamin B-12, added		0.0		0	Z	7		0.00			
Vitamin A, RAE		0.0	O	0	NC	4		0.00			
Retinol		0		0	Z	7		0			
		U		U	4	,		U			
Carotene, beta Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		0		0	NR	4		0			
		U		U	NK	*		U			
Lycopene Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
1 ,	-										
Tocotrienol, alpha Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3) Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	ua										

	<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
			Number of Data		Source C	onfidence		easures of fo	<u>od</u>
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	2.4		0	0	4		0.700		
Fatty acids, total monounsaturatedg	12.6	98	0	0	4		3.600		
Fatty acids, total polyunsaturatedg	6.5	13	0	NC	4		1.846		
Fatty acids, total transg	0.0	95	0	T	4		0.027		
Cholesterolmg	0		0	NR	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	u gram s	ofedi	bie portic	<u>on</u>	Amount in edible portion of common		
				Number	-			<u>m</u>	easures of fo	od_
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
- · ·										
Proximates: Water	а	10.2	0	1	A	1		2.86		
Energy		373	•	0	NC	4		104		
Energy		1559		·	110	4		437		
		0.1	0	1	A	1		0.03		
Protein										
Total lipid (fat)		3.5		1	A	1		0.98		
Ash		1.0		1	A	1		0.28		
Carbohydrate, by difference		85.2	0	0	NC	4		23.86		
Fiber, total dietary	g									
Sugars, total	g	38.7	0	1	A	1		10.84		
Starch	g									
Minorals:										
Minerals:	ma									
Calcium, Ca	-									
Iron, Fe	-									
Magnesium, Mg										
Phosphorus, P										
Potassium, K		215			_	-		00		
Sodium, Na		317		1	A	1		89		
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn			•		_	_				
Selenium, Se	µg	3.2	0.	387 12	A	1		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	120.0		1	A	1		33.6		
Thiamin	-									
Riboflavin	-									
Niacin	-									
Pantothenic acid	-									
Vitamin B-6										
Folate, total	-									
Folate, DFE										
Choline, total										
Betaine	_									
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, RAE										
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
(1										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	a	0.9	90	1	A	1		0.277		
4:0		0.9		_	A	-		0.2//		
6:0										
8:0	_	0.0	02	1	A	1		0.001		
8:0 10:0		0.0		1	A	1		0.001		
	-									
12:0 13:0	_	0.0	uo	1	A	1		0.002		

	Mean			Number		Amount in edible portion of common measures of food				
Nutrients and Units		Std	l. Error	Points			Confidence Code	Measure 1	Measure 2	Measure 3
14:0g	0.	023		1	A	1		0.006		
15:0g	0.	002		1	A	1		0.001		
16:0g	0.	514		1	A	1		0.172		
17:0g	0.	004		1	A	1		0.001		
18:0g	0.	330		1	A	1		0.092		
20:0g	0.	010		1	A	1		0.003		
22:0g	0.	006		1	A	1		0.002		
24:0g										
Fatty acids, total monounsaturatedg	1.	724		0		4		0.483		
14:1g	0.	002		1	A	1		0.001		
15:1g										
16:1 undifferentiated	0.	014		1	A	1		0.004		
17:1g	0.	004		1	A	1		0.001		
18:1 undifferentiated	1.	703		1	A	1		0.477		
20:1g	0.	006		1	A	1		0.002		
22:1 undifferentiated										
24:1 cg										
Fatty acids, total polyunsaturated9	0.	093		0		4		0.026		
18:2 undifferentiatedg	0.	080		1	A	1		0.022		
18:3 undifferentiated		011		1	A	1		0.003		
18:4				_		_				
20:2 n-6 c.c9										
20:3 undifferentiated	0.	002		1	A	1		0.001		
20:4 undifferentiated		002		1	A	1		0.001		
20:5 n-3 (EPA)	J.			=		_				
21:5g										
22:4g										
22:5 n-3 (DPA)g										
22:6 n-3 (DHA)g										
Fatty acids, total transg										
Cholesterolmg										
Phytosterolsmg										

Common Measures:

Measure 1 = 28g: 2 rolls

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		<u>Am ou</u>	nt in 100 gr	ams	of edi	ble portion		Amount in e	dible portion	of common
			Nun	n ber					easures of foo	
						Source Con	fidence			
Nutrients and	Units	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure
Proximates: Water	g	2.98	0.091	11	A	1		0.84	1.40	1.46
Energy		428		0	NC	4		121	201	210
Energy		1791		0	NC	4		508	842	878
Protein (N x 5.9)		8.83	0.103	4	A	1		2.50	4.15	4.33
Total lipid (fat)		10.00	0.504	4	A	1		2.84	4.70	4.90
Ash		2.51	0.030	11	A	1		0.71	1.18	1.23
Carbohydrate, by difference	-	75.69		0	NC	4		21.46	35.57	37.09
Fiber, total dietary		5.8	0.086	4	A	1		1.7	2.7	2.9
Sugars, total		7.35	0.157	6	A	1		2.08	3.46	3.60
S .		5.62	0.060	6	A	1		1.59	2.64	2.75
Sucrose		0.49	0.000	6	A	1		0.14	0.23	0.24
Glucose (dextrose)		0.49	0.117	6		1		0.14		0.24
Fructose	9				A				0.37	
Lactose		0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose		0.45	0.043	6	A	1		0.13	0.21	0.22
Galactose		0.00	0.000	6	A	1		0.00	0.00	0.00
Starch	g	60.32	0.168	6	A	1		17.10	28.35	29.55
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	50	0.693		A	1		14	23	24
Iron, Fe		4.40	0.116		A	1		1.25	2.07	2.1
Magnesium, Mg		51	0.555		A	1		14	24	25
Phosphorus, P		170	1.853	12	A	1		48	80	83
Potassium, K		209	1.687	12	A	1		59	98	103
Sodium, Na		696	7.084	12	A	1		197	327	341
Zinc, Zn		1.67	0.041	12	A	1		0.47	0.79	0.82
Copper, Cu		0.167	0.004	12	A	1		0.047	0.078	0.08
Manganese, Mn		1.163	0.018	12	A	1 1		0.330	0.546	0.5
Selenium, Se	µg	7.0	0.241	6	A	1		2.0	3.3	3.4
Vitamins:	m a	0.1		•	ET C	4		0.0		0.0
Vitamin C, total ascorbic acid	-		0 013	0	FLC				0.0	0.0
Thiamin	-	0.356	0.013	6	A	1		0.101	0.167	0.1
Riboflavin	•	0.316	0.006	6	A	1		0.089	0.148	0.1
Niacin	-	5.037	0.059	6	A	1		1.428	2.368	2.40
Pantothenic acid	•	0.421	0.026	4	A	1		0.119	0.198	0.20
Vitamin B-6		0.192	0.020	5	A	1		0.054	0.090	0.09
Folate, total		119	4.395	6	A	1		34	56	58
Folic acid		23		0	NR	4		7	11	11
Folate, food		96	4.395		A	1		27	45	47
Folate, DFE	B4	135		0	NC	4		38	64	66
Choline, total	-	6.5		0	FLC	4		1.8	3.1	3.2
Betaine	-									
Vitamin B-12		0.13		0	FLC	4		0.04	0.06	0.06
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00	0.0
Vitamin A, RAE	µg	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	2		0	FLC	4		1	1	1
Carotene, alpha	µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	0
Vitamin A, IU	JU	3		0	NC	4		1	2	2
Lycopene	µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin		90		0	FLC	4		26	42	44
Vitamin E (alpha-tocopherol)		0.98		2	A	1		0.28	0.46	0.4
Vitamin E, added		0.00		0	FLC	4		0.00	0.00	0.0
Tocopherol, beta		0.28		2	A	1		0.08	0.13	0.1
Tocopherol, gamma		4.62		2	A	1		1.31	2.17	2.2
Tocopherol, delta		1.72		2	A	1		0.49	0.81	0.8
Tocotrienol, alpha		0.24		2	A	1		0.07	0.11	0.12
Tocotrienol, beta		0.00		2	A	1		0.00	0.00	0.00

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 0.27 0.08 0.13 2 A 1 0.13 0.00 2 Tocotrienol, delta.....g Α 1 0.00 0.00 0.00 Vitamin D (D2 + D3).....µg 0.0 0 FLC 4 0.0 0.0 0.0 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U 0 0 0 0 NR 4 Vitamin K (phylloquinone)......µg 14.7 2 Α 1 4.2 6.9 7.2 2 Dihydrophylloquinone.....µg 9.5 Α 1 2.7 4.5 4.7 Menaquinone-4.....µg 0.0 2 A 1 0.0 0.0 0.0 Lipids: Fatty acids, total saturated......g 1.601 0 NC 4 0.454 0.752 0.784 0.008 0.000 4:0.....g 6 Α 1 0.002 0.004 0.004 0.000 0.000 0.000 0.000 6:0.....g 6 Α 1 0.000 0.001 0.014 0.004 0.007 0.007 8:0.....g 6 Α 1 0.015 0.002 0.007 10:0.....g 6 1 0.004 0.007 0.000 0.000 6 1 0.000 0.000 0.000 12:0.....g Α 13:0.....g 0.009 0.000 0.005 6 1 0.003 0.004 Α 15:0.....g 0.004 0.000 6 Α 1 0.001 0.002 0.002 0.998 0.003 6 А 1 0.283 0.469 0.489 16:0......g 0.009 0.001 6 Α 1 0.003 0.004 0.004 0.005 0.215 0.225 0.458 6 0.130 1 18:0......g Α 0.039 0.000 6 А 1 0.011 0.018 0.019 20:0.....g 0.001 0.031 6 Α 1 0.009 0.014 0.015 22:0.....g 0.015 0.000 6 Α 1 0.004 0.007 0.008 24:0.....g Fatty acids total monounsaturated Q 4.459 NC 4 1.264 2.096 2.185 0.000 0.000 6 Α 1 0.000 0.000 0.000 14:1.....g 0.000 0.000 6 Α 1 0.000 0.000 0.000 16:1 undifferentiated......g 0.012 AS 1 0.003 0.006 0.006 0.012 0.001 Α 1 0.003 0.006 0.006 0.000 0.000 6 1 0.000 0.000 0.000 16:1 t.....g Α 0.005 0.000 6 Α 0.001 0.002 0.003 17:1......g 1 18:1 undifferentiated......g 4.363 0 AS 1 1.237 2.051 2.138 3.720 0.032 1.748 1.823 18:1 c.....g 6 Α 1 1.054 0.644 0.020 6 Α 1 0.183 0.303 0.316 18:1 t.....g 18:1-11 t (18:1t n-7)......g 0.067 0.001 6 Α 1 0.019 0.032 0.033 20:1.....g 0.004 22:1 undifferentiated......g 0.008 AS 0.002 0.004 0.001 0.004 22:1 c.....g 0.008 6 Α 1 0.002 0.004 0.000 22:1 t.....g 0.000 6 Α 1 0.000 0.000 0.000 0.000 24:1 c.....g 0.004 6 Α 1 0.001 0.002 0.002 Fatty acids, total polyunsaturated.....g 3.751 NC 1.064 1.763 1.838 18:2 undifferentiated......g 3.246 0 AS 1 0.920 1.525 1,590 0.036 18:2 n-6 c,c....g 3.131 6 A 1 0.888 1.472 1.534 0.001 0.009 4 Α 1 0.003 0.004 0.005 18:2 t,t.....g 18:2 i.....g 0.105 0.002 6 1 0.030 0.049 0.052 18:2 t not further defined......g Α 0.232 0.242 0.494 0.140 1 AS 18:3 n-3 c,c,c (ALA)......g 0.469 0.005 6 А 1 0.133 0.221 0.230 0.001 0.023 6 Α 1 0.007 0.011 0.011 18:3 n-6 c,c,c.....g 18:3i.....g 0.001 0.001 6 A 1 0.000 0.000 0.001 0.000 0.000 0.000 0.000 0.000 6 Α 1 18:4......g 20:2 n-6 c,c.....g 0.005 0.000 6 Α 1 0.001 0.002 0.002 0.000 0 AS 1 0.000 0.000 20:3 undifferentiated.....g 0.000 0.000 0.000 6 A 1 0.000 0.000 0.000 20:3 n-3.....g 0.000 0.000 6 0.000 0.000 20:3 n-6 a Α 1 0.000 0.005 0.000 6 1 0.001 0.002 0.002 20:4 undifferentiated......g 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.003 0.000 6 Α 1 0.001 0.001 0.001 21:5.....g 0.000 0.000 6 A 1 0.000 0.000 0.000 22:4.....g 22:5 n-3 (DPA).....g 0.000 0.000 6 Α 1 0.000 0.000 0.000

NDB No. 19033

Snacks, GENERAL MILLS, CHEX MIX, traditional flavor

	<u>Am our</u>	nt in 100 N	grams um ber	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std	l. Error				Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g Fatty acids, total transg	0.000 0.750	0.00	00 6	A NC	1 4		0.000 0.213	0.000 0.353	0.000 0.368
Cholesterol mg Phytosterols mg	4		0	FLC	4		1	2	2
Others:	0.0		0	FLC	4		0.0	0.0	0.0
Alcohol, ethyl	0		0	FLC FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 47g: 1 cup Measure 3 = 49g: 1 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Kellogg, Co.

Refuse:0%

		<u>Am our</u>	<u>it in 100 gr</u>			ble porti	<u>on</u>		edible portion easures of fo	
				ber		_		<u>m</u>	easures or to	<u>ou</u>
							Confidence			
Nutrients and Ur	nits	Mean Std	.Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	16.70	0.068	6	A	1				
Energy	-	365		0	NC	4				
Energy		1528		0	NC	4				
Protein		4.22	0.051	6	A	1				
Total lipid (fat)	_	8.67	0.095	6	A	1				
Ash	_	2.80	0.020	6	A	1				
Carbohydrate, by difference		67.61		0	NC	4				
Fiber, total dietary		3.0	0.339	3	A	1				
Sugars, total		28.98	0.272	3	A	1				
-		4.10	0.081	3	A	1				
Sucrose		12.43	0.163	3	A	1				
Glucose (dextrose)		9.19	0.151	3	A	1				
Fructose						1				
Lactose		1.08	0.015	3	A	1				
Maltose	9	2.18	0.150	3	A					
Galactose		0.00	0.000	3	A	1				
Starch	g	24.40	0.200	3	A	1				
Minerals:										
Calcium, Ca	ma	576	6.835	6	A	1				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	6.14	0.163	6	A	1				
Magnesium, Mg		37	0.341	6	A	1				
Phosphorus, P		134	0.882	6	A	1				
Potassium, K		247	3.077	6	A	1				
	-	354	4.318	6	A	1				
Sodium, Na		5.24	0.078	6	A	1				
Zinc, Zn		0.142	0.078	6	A	1				
Copper, Cu		0.142	0.003	6	A	1				
Manganese, Mn Selenium, Se		5.6	0.208	3	A	1				
Selemum, Se	Р9	3.0	0.200	3		-				
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.8		0	FLC	4				
Thiamin	mg	1.153	0.028	3	A	1				
Riboflavin	mg	2.067	0.033	3	A	1				
Niacin	mg	19.267	0.649	3	A	1				
Pantothenic acid	mg	0.405		2	A	1				
Vitamin B-6	mg	1.833	0.120	3	A	1				
Folate, total	µg	14	2.058	3	A	1				
Folic acid	µg	0		0	NR	4				
Folate, food	µg	14		0	NR	4				
Folate, DFE	µg	14		0	NC	4				
Choline, total	mg	44.6		0	FLC	4				
Betaine										
Vitamin B-12		0.00		0	MC	9				
Vitamin B-12, added	μg	0.00		0	FLC	4				
Vitamin A, RAE		604		0	NC	4				
Retinol		603		0	FLC	4				
Carotene, beta		8		0	FLC	4				
Carotene, alpha		4		0	FLC	4				
Cryptoxanthin, beta		2		0	FLC	4				
Vitamin A, IU		2027		0	MC	9				
Lycopene		0		0	FLC	4				
Lutein + zeaxanthin		37		0	FLC	4				
Vitamin E (alpha-tocopherol)		0.93	0.027	3	A	1				
· · · · · · · · · · · · · · · · · · ·		0.00	0.02/	0	FLC	4				
Vitamin E, added		0.18	0.013	3	A	1				
Tocopherol, beta						1				
Tocopherol, gamma		5.63	0.201	3	A					
Tocopherol, delta		2.10	0.073	3	A	1				
Tocotrienol, alpha		0.22	0.074	3	A -	1				
Tocotrienol, beta	mg	0.53	0.093	3	A	1				

20:4 n-6.....g

20:5 n-3 (EPA)......g

21:5.....g

22:4.....g 22:5 n-3 (DPA).....g

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Tocotrienol, gamma......mg Tocotrienol, delta.....g Vitamin D (D2 + D3)......µg 0.0 NR 4 Vitamin D2 (ergocalciferol)......µg Vitamin D3 (cholecalciferol).....µg MC Vitamin K (phylloquinone)......µg 15.3 ٥ FLC 4 Dihydrophylloquinone.....µg Menaquinone-4.....µg Lipids: Fatty acids, total saturated......g 1.442 0 NC 4 0.002 0.002 3 A 1 4:0.....g 6:0.....g 0.000 0.000 3 Α 1 0.001 0.001 3 1 Α 0.000 3 10:0.....g 0.000 Α 1 0.001 0.001 3 1 12:0.....g 13:0.....g 0.010 0.000 3 14:0.....g 1 0.000 3 0.003 15:0.....g Α 1 0.979 0.014 3 Α 1 16:0.....g 0.000 0.008 3 17:0.....g Α 1 18:0.....g 0.380 0.007 3 0.000 3 20:0.....g 0.026 Α 1 22:0.....g 0.023 0.001 3 Α 1 0.000 0.009 3 24:0.....g Α 1 Fatty acids, total monounsaturated......g 1.989 NC 0.000 0.000 3 1 Α 14:1.....g 0.000 0.000 3 Α 1 16:1 undifferentiated......g 0.008 NR 4 0.008 0.000 3 1 16:1 c.....g Α 0.000 3 0.000 Α 1 16:1 t.....g 17:1.....g 0.004 0.000 3 Α 1 1.950 18:1 undifferentiated......g 0 1 AS 1.943 0.031 3 A 1 18:1 c.....g 0.007 0.002 3 А 1 18:1 t.....g 18:1-11 t (18:1t n-7)......g 0.026 0.001 3 20:1......a Α 1 22:1 undifferentiated......g 0.001 0 AS 1 0.000 0.000 3 22:1 c.....g Α 1 0.001 0.001 3 A 1 22:1 t.....g 0.000 0.000 3 А 1 24·1 c a 4.544 0 NC 4 4.022 0 AS 1 18:2 undifferentiated......g 18:2 n-6 c,c.....g 4.002 0.054 3 A 1 0.000 18:2 CLAs.....g 0.006 1 Α 18:2 t,t.....g 18:2 t not further defined......g 0.014 0.000 3 Α 1 0.520 18:3 undifferentiated......g 0.496 0.014 3 А 1 18:3 n-3 c,c,c (ALA)......g 0.023 0.001 18:3 n-6 c,c,c.....g 3 Α 1 0.000 0.000 3 18:3i.....g Α 1 18:4.....g 0.000 0.000 3 0.000 3 0.003 Α 1 20:2 n-6 c,c.....g 20:3 undifferentiated.....g 0.000 AS 1 0.000 0.000 20:3 n-3.....g 3 А 1 20:3 n-6.....g 0.000 0.000 3 Α 1 0.000 0 FLC 4 20:4 undifferentiated......g

0.000

0.000

0.000

0.000 3

0.000 3

0.000 3 1

1

1

Α

Α

Α

Measure 2

Measure 3

	<u>Am oun</u>	t in 100 grams	of edi	Amount in edible portion of common				
		Num be:	•			measures of food		
Nutrients and Units	Mean Std	of Data Error Points.		Source Con Code C	fidence Gode	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000 3	A	1				
Fatty acids, total trans	0.022	0.000 9	NC	4				
Fatty acids, total trans-monoenoicg	0.008	0	NC	4				
Fatty acids, total trans-polyenoicg	0.014	0	NC	4				
Cholesterolmg	0	0	MC	9				
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4				
Caffeinemg	0	0	FLC	4				
Theobrominemg	0	0	FLC	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

Lipids:

		<u>Am ount</u>	in 100 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
			Num be i	r				easures of fo	
					Source C	Confidence			<u>.</u>
Nutrients and Un	its	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3
Durations									
Proximates: Water	a	5.00	0	MC	9		1.85		
Energy	_	390	0	MC	9		144		
Energy		1632	0	MC	9		604		
Protein		8.00	0	MC	9		2.96		
Total lipid (fat)		7.40	0	MC	9		2.74		
Ash		1.60	0	MC	9		0.59		
Carbohydrate, by difference	-	78.00	0	MC	9		28.86		
Fiber, total dietary		6.2	0	MC	9		2.3		
Sugars, total									
Starch									
Minerals:			_		_				
Calcium, Ca	-	35	0	MC	9		13 3.18		
Iron, Fe.		8.60 87	0	MC MC	9 9		3.18 32		
Magnesium, Mg		248	0	MC	9		32 92		
Phosphorus, P Potassium, K		249	0	MC	9		92		
Sodium, Na	-	291	0	MC	9		108		
Zinc, Zn		2.20	0	MC	9		0.81		
Copper, Cu	-	0.700	0	MC	9		0.259		
Manganese, Mn		1.797	0	FLC	4		0.665		
Selenium, Se									
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	MC	9		0.0		
Thiamin	-	0.700	0	MC	9		0.259		
Riboflavin	-	0.800	0	MC	9		0.296		
Niacin	-	9.500	0	MC	9		3.515		
Pantothenic acid	-	0.671	0	FLC	4		0.248		
Vitamin B-6	-	1.000	0	MC	9		0.370		
Folate, total	µg	0	0	MC	9		0		
Folic acid	µg	0	0	Z	7		0		
Folate, food	µg	0	0	MC	9		0		
Folate, DFE	µg	0	0	NC	4		0		
Choline, total	mg								
Betaine									
Vitamin B-12		0.00	0	MC	9		0.00		
Vitamin A, RAE		713	0	NC	4		264		
Retinol		713	0	NC	4		264		
Carotene, beta									
Carotene, alpha									
Cryptoxanthin, beta		2381	0	MC	9		881		
Vitamin A, IU Lycopene		2361	U	MC	9		001		
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma	mg								
Tocotrienol, delta									
Vitamin D (D2 + D3)	1. 7								
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	µg								

	Amount in 1	100 grams	Amount in edible portion of common					
		Number	•			<u>m</u>	easures of foo	<u>od</u>
				Source C	Confidence			
Nutrients and Units	Mean Std. Erro	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fotty saids total saturated	1.100	0	MC	9		0.407		
Fatty acids, total saturated	0.000	0	FLC	4		0.000		
6:0g	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.009	0	FLC	4		0.003		
13:0g								
14:0g	0.004	0	FLC	4		0.001		
15:0g								
16:0g	0.684	0	FLC	4		0.253		
17:0g								
18:0g	0.237	0	FLC	4		0.088		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	1.800	0	MC	9		0.666		
14:1g								
15:1g								
16:1 undifferentiatedg	0.004	0	FLC	4		0.001		
17:1g								
18:1 undifferentiated	1.769	0	FLC	4		0.655		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiated	0.000	0	FLC	4		0.000		
24:1 c	4 500	•	140	•				
Fatty acids, total polyunsaturated9	4.500	0	MC	9		1.665		
18:2 undifferentiated	4.038	0	FLC	4		1.494		
18:3 undifferentiatedg	0.043	0	FLC	4		0.016		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	0	FLC	4		0.000		
20:4 undifferentiated	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g 21:5g	0.000	U	FLC	4		0.000		
22:4g	0.000	0	FLC	4		0.000		
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total trans	0.000	U	FIC	-		0.000		
Cholesterolg	0	0	MC	9		0		
Phytosterolsmg	•	Ū	H	,		v		

Common Measures:

Measure 1 = 37g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Amount	in 100 grams	or ear	ole portio	<u>'111</u>	Amount in edible portion of common			
			Number	•			m	easures of fo	od .	
					Source (Confidence				
Nutrients and Ur	vito.	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure	
Nutrients and Or	111.5	Weam Stu.	3101 101113	Oouc	Oode	Oouc	weasure i	weasure 2	Wieasure	
Proximates:										
Water	g	5.90	0	MC	9		1.30			
Energy	kcal	414	0	MC	9		91			
Energy		1732	0	MC	9		381			
Protein		3.40	0	MC	9		0.75			
Total lipid (fat)		9.00	0	MC	9		1.98			
Ash		1.20	0	MC	9		0.26			
Carbohydrate, by difference	_	80.50	0	MC	9		17.71			
Fiber, total dietary		0.0	0	LC	8		0.0			
Sugars, total		19.36	0	FLA	4		4.26			
Starch										
Staron	9									
Minerals:										
Calcium, Ca	_	3	0	MC	9		1			
Iron, Fe	_	2.20	0	MC	9		0.48			
Magnesium, Mg		13	0	MC	9		3			
Phosphorus, P		42	0	MC	9		9			
Potassium, K	_	39	0	MC	9		9			
Sodium, Na	_	351	0	MC	9		77			
Zinc, Zn	_	0.50	0	MC	9		0.11			
Copper, Cu		0.100	0	MC	9		0.022			
Manganese, Mn	_	1.601	0	BFZY	4		0.352			
Selenium, Se	µg	11.0	0	FLA	4		2.4			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	MC	9		0.0			
Thiamin	_	0.700	0	MC	9		0.154			
Riboflavin		0.800	0	MC	9		0.176			
Niacin	_	9.100	0	MC	9		2.002			
Pantothenic acid	_	0.000	0	MC	9		0.000			
Vitamin B-6	_	0.900	0	MC	9		0.198			
Folate, total	_	241	0	FLA	4		53			
Folic acid		199	0	0	4		44			
Folate, food	· -	42	0	0	4		9			
Folate, DFE		381	0	NC	4		84			
Choline, total	-	0.0	0	Z	7		0.0			
Betaine	_									
Vitamin B-12	_	0.00	0	MC	9		0.00			
Vitamin B-12, added		0.00	0	z	7		0.00			
Vitamin A, RAE		270	0	NC	4		59			
Retinol		270	0	NR	4		59			
Carotene, beta		0	0	z	7		0			
Carotene, alpha		0	0	Z	7		0			
Cryptoxanthin, beta		0	0	z	7		0			
Vitamin A, IU		900	0	NC	4		198			
Lycopene		0	0	Z	7		0			
Lutein + zeaxanthin		0	0	z	7		0			
Vitamin E (alpha-tocopherol)		0.00	0	z	7		0.00			
Vitamin E, added		0.00	0	z	, 7		0.00			
Tocopherol, beta		****	J	_	*					
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	z	7		0.0			
Vitamin D		0	0	NR	4		0			
Vitamin K (phylloquinone)		0.0	0	Z	7		0.0			
Dihydrophylloquinone		- · ·	ū	-						
Menaquinone-4										

	Amount in	100 grams	of edi	ble portion	<u>1</u>	Amount in e	edible portion	of common
		Num bei					easures of fo	
Nutrients and Units	Mean Std. En	of Data ror Points			onfidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	1.400	0	MC	9		0.308		
4:0g	0.000	0	FLC	4		0.000		
6:0g	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.000	0	FLC	4		0.000		
13:0g								
14:0g	0.009	0	FLC	4		0.002		
15:0g								
16:0g	0.878	0	FLC	4		0.193		
17:0g								
18:0g	0.324	0	FLC	4		0.071		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	2.500	0	FLC	4		0.550		
14:1g		_		_		******		
15:1g								
16:1 undifferentiated	0.018	0	FLC	4		0.004		
17:1g	0.010	Ū	FEC	*		0.004		
18:1 undifferentiated	1.943	0	FLC	4		0.427		
20:1g	0.018	0	FLC	4		0.004		
22:1 undifferentiated	0.000	0	FLC	4		0.004		
24:1 cg	0.000	U	FLC	4		0.000		
_	5.100	0	FLC	4		1 100		
Fatty acids, total polyunsaturatedg		0		4		1.122		
18:2 undifferentiated	4.346	0	FLC			0.956		
18:3 undifferentiatedg	0.579	-	FLC	4		0.127		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg		_						
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)	0.000	0	FLC	4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	MC	9		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0		
Caffeinemg	0	0	z	7		0		
Theobrominemg	0	0	z	7		0		
1 11COOTOIIIIIC	•	-		•		-		

Common Measures:

Measure 1 = 22g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am our</u>	nt in 100 gr			ole portic	<u>on</u>		edible portion easures of foo	
			Nun	nbei	•			<u>m</u>	easures of too	<u>oa</u>
			of l	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean Std	.Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Don't and a										
Proximates: Water	a	1.30	0.296	8		1		0.37	0.74	1.11
Energy		446	01250	0	NC	4		127	254	379
Energy		1868		0	NC	4		530	1065	1588
Protein (N x 6.25)		8.50	0.120	8	110	1		2.41	4.85	7.23
Total lipid (fat)		15.64	0.120	0	MA	12		4.43	8.91	13.29
Ash		2.70	0.249	8	III	1		0.77	1.54	2.30
		71.86	0.243	0	NC	4		20.37	40.96	61.08
Carbohydrate, by difference		6.9		0	NC	1		2.0	3.9	5.9
Fiber, total dietary		0.61		0	FLA	4		0.17	0.35	0.52
Sugars, total		0.61		U	FLA	4		0.17	0.35	0.52
Starch	9									
Minerals:										
Calcium, Ca	<u>m</u> g	9	1.166	8		1		3	5	8
Iron, Fe	-	1.67	0.039	8		1		0.47	0.95	1.42
Magnesium, Mg	mg	113	3.299	8		1		32	64	96
Phosphorus, P	mg	275	5.169	8		1		78	157	234
Potassium, K	mg	278	11.492	8		1		79	158	236
Sodium, Na	<u>mg</u>	564		0	LC	8		160	321	479
Zinc, Zn	mg	1.78	0.068	8		1		0.50	1.01	1.51
Copper, Cu	mg	0.115	0.013	8		1		0.033	0.066	0.098
Manganese, Mn	mg	0.455	0.032	8		1		0.129	0.259	0.387
Selenium, Se	µg	14.8		0	FLM	4		4.2	8.4	12.6
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	0.0
Thiamin	-	0.041	0.014	6		1		0.012	0.023	0.035
Riboflavin	-	0.130	*****	1		1		0.037	0.074	0.111
Niacin	-	1.694	0.135	8		1		0.480	0.966	1.440
Pantothenic acid	-	0.366		1		4		0.104	0.209	0.311
Vitamin B-6	-	0.229	0.013	8		1		0.065	0.131	0.195
Folate, total	-	0		1		4		0	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food		0		1		4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Choline, total		20.6		0	NR	4		5.8	11.7	17.5
Betaine	-									
Vitamin B-12		0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.00
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Carotene, beta		0		0	Z	7		0	0	0
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		0		1	MC	9		0	0	0
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.98		0	FLA	4		0.56	1.13	1.68
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0
Vitamin D		0		0	Z	7		0	0	0
Vitamin K (phylloquinone)		9.3		0	FLA	4		2.6	5.3	7.9
Dihydrophylloquinone										
Menaquinone-4										

		<u>An</u>	ount in 10			ble portion	<u>1</u>	Amount in edible portion of common measures of food			
				Number				<u> </u>	easures or roc	<u>,u</u>	
						Source C	onfidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:											
Fatty acids, total saturated	a	2.4	30	0	MC	9		0.689	1.385	2.066	
4:0	-	0.0	00	0		1		0.000	0.000	0.000	
6:0	-	0.0	00	0		1		0.000	0.000	0.000	
8:0	g	0.0	00	0		1		0.000	0.000	0.000	
10:0	-	0.0	00	0		1		0.000	0.000	0.000	
12:0	g	0.0	00	0		1		0.000	0.000	0.000	
13:0	g										
14:0	g	0.0	30	0	FLM	4		0.009	0.017	0.026	
15:0	g										
16:0		1.0	25	0	FLM	4		0.291	0.584	0.871	
17:0	g										
18:0	g	1.0	64	0	FLM	4		0.302	0.606	0.904	
20:0	g										
22:0	g										
24:0	g										
Fatty acids, total monounsaturated	g	9.4	60	0	MC	9		2.682	5.392	8.041	
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.0	00	0	FLM	4		0.000	0.000	0.000	
17:1	g										
18:1 undifferentiated	g	7.4	90	0	FLM	4		2.123	4.269	6.367	
20:1	g	0.0	00	0		1		0.000	0.000	0.000	
22:1 undifferentiated	g	0.0	00	0		1		0.000	0.000	0.000	
24:1 c	g										
Fatty acids, total polyunsaturated	g	3.0	50	0	MC	9		0.865	1.739	2.593	
18:2 undifferentiated	g	3.0	09	0	FLM	4		0.853	1.715	2.557	
18:3 undifferentiated	g	0.0	58	0	FLM	4		0.016	0.033	0.049	
18:4	g	0.0	00	0		1		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.0		0		1		0.000	0.000	0.000	
20:5 n-3 (EPA)		0.0	00	0		1		0.000	0.000	0.000	
21:5	g										
22:4	-										
22:5 n-3 (DPA)		0.0		0		1		0.000	0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0		1		0.000	0.000	0.000	
Fatty acids, total trans	-										
Cholesterol	-	0		1		4		0	0	0	
Phytosterols	mg										
Others:		_				_				_	
Alcohol, ethyl	-	0.0		0	_	7		0.0	0.0	0.0	
Caffeine		0		0	FLA	4		0	0	0	
Theobromine	mg	0		0	FLA	4		0	0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Measure 3 = 85g: 1 cup

Calories Factors: Protein 2.7 Fat 8.7 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	u gram s	of edi	ble portio	<u>on</u>	Amount in edible portion of common			
				Numbe	r				easures of fo		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.67	7	0	MC	9		0.47	0.50		
Energy		463		0	MC	9		131	139		
Energy	kJ	1937		0	MC	9		549	581		
Protein	g	9.85	5	0	MC	9		2.79	2.96		
Total lipid (fat)	g	16.92	2	0	MC	9		4.80	5.08		
Ash	g	5.01	L	0	MC	9		1.42	1.50		
Carbohydrate, by difference	g	66.50)	0	MC	9		18.85	19.95		
Fiber, total dietary		3.6		0	LC	8		1.0	1.1		
Sugars, total		17.60)	0	FLC	4		4.99	5.28		
Starch	g										
Minerals:											
Calcium, Ca	mg	197		0	MC	9		56	59		
Iron, Fe	-	0.92	2	0	MC	9		0.26	0.28		
Magnesium, Mg		22		1		4		6	7		
Phosphorus, P	mg	143		1		4		41	43		
Potassium, K	mg	130		1		1		37	39		
Sodium, Na	-	1117	53.			1		317	335		
Zinc, Zn	-	0.73		1		4		0.21	0.22		
Copper, Cu		0.11		1		4		0.034	0.036		
Manganese, Mn		0.44	18	1 0	TT C	4 4		0.127	0.134		
Selenium, Se	µg	5.7		U	FLC	4		1.6	1.7		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0	0.0	000 3		1		0.0	0.0		
Thiamin	mg	0.30		0	MC	9		0.085	0.090		
Riboflavin	-	0.55		019 3		1		0.158	0.167		
Niacin	_	3.18		436 3		1		0.902	0.955		
Pantothenic acid	-	0.48		1		4		0.136	0.144		
Vitamin B-6	=	0.04	16	1		4 4		0.013 2	0.014		
Folia e cid		8		1 0	z	7		0	2 0		
Folic acid		8		1	4	4		2	2		
Folate, foodFolate, DFE		8		0	NC	4		2	2		
Choline, total		21.0		0	FLC	4		5.9	6.3		
Betaine	_			•		-		313	0.5		
Vitamin B-12	-	0.12	2	1		4		0.03	0.04		
Vitamin B-12, added		0.00)	0	FLC	4		0.00	0.00		
Vitamin A, RAE	µg	56		0	NC	4		16	17		
Retinol		55		0	FLC	4		16	16		
Carotene, beta	µg	18		0	FLC	4		5	5		
Carotene, alpha	µg	0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		213		0	NC	4		60	64		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin		5	•	0	FLC	4		1	2		
Vitamin E (alpha-tocopherol)		0.67		0	FLC	4 4		0.19 0.00	0.20		
Vitamin E, added		0.00	,	U	FLC	4		0.00	0.00		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta	-										
Vitamin D (D2 + D3)	µg	0.1		0	FLC	4		0.0	0.0		
Vitamin D		5		0	NR	4		1	2		
Vitamin K (phylloquinone)	µg	3.3		0	FLC	4		0.9	1.0		
Dihydrophylloquinone											

	Amount in	100 grams		Amount in edible portion of common measures of food			
		Number	<u>m</u>				
		of Data	Deriv	Source Confiden	ce		
Nutrients and Units	Mean Std. Er	ror Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturatedg	9.656	0	FLC	4	2.738	2.897	
4:0g	0.225	0	FLC	4	0.064	0.068	
6:0g	0.129	0	FLC	4	0.037	0.039	
8:0g	0.251	0	FLC	4	0.071	0.075	
10:0g	0.271	0	FLC	4	0.077	0.081	
12:09	1.774	0	FLC	4	0.503	0.532	
13:0g	0.000	0	FLC	4	0.000	0.000	
14:09	1.239	0	FLC	4	0.351	0.372	
15:0	0.001	0	FLC	4	0.000	0.000	
16:0g	4.411	0	FLC	4	1.250	1.323	
17:0	0.001	0	FLC	4	0.000	0.000	
18:0g	1.321	0	FLC	4	0.374	0.396	
20:0g	0.028	0	FLC	4	0.008	0.008	
22:0g	0.002	0	FLC	4	0.001	0.001	
24:0g	0.003	0	FLC	4	0.001	0.001	
Fatty acids, total monounsaturatedg	3.806	0	FLC	4	1.079	1.142	
14:1g	0.000	0	FLC	4	0.000	0.000	
15:1g	0.000	0	FLC	4	0.000	0.000	
16:1 undifferentiated	0.216	0	FLC	4	0.061	0.065	
17:1	0.001	0	FLC	4	0.000	0.000	
18:1 undifferentiated	3.580	0	FLC	4	1.015	1.074	
20:1g	0.009	0	FLC	4	0.003	0.003	
22:1 undifferentiated	0.000	0	FLC	4	0.000	0.000	
24:1 cg	0.000	· ·	FEC	-	0.000	0.000	
Fatty acids, total polyunsaturated9	1.354	0	FLC	4	0.384	0.406	
18:2 undifferentiated	1.241	0	FLC	4	0.352	0.372	
18:3 undifferentiated	0.113	0	FLC	4	0.032	0.034	
18:4g	0.000	0	FLC	4	0.002	0.000	
20:2 n-6 c,cg	0.000	0	FLC	4	0.000	0.000	
20:3 undifferentiated	0.000	0	FLC	4	0.000	0.000	
20:4 undifferentiated	0.000	0	FLC	4	0.000	0.000	
20:5 n-3 (EPA)	0.000	0	FLC	4	0.000	0.000	
20.5 li-5 (EFA)	0.000	Ū	FEC	*	0.000	0.000	
21:3g 22:4							
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000	0.000	
. ,	0.000	0	FLC	4	0.000	0.000	
22:6 n-3 (DHA)g Fatty acids, total transg	0.043	0	T	4	0.012	0.000	
Cholesterolg	5	0	MC	9	1	2	
Phytosterolsmg	3	U	PIC	,	±	4	
r nytosteroisnig							
Others:							
Alcohol, ethylg	0.0	0	FLC	4	0.0	0.0	
Caffeinemg	0	0	FLC	4	0	0	
Theobrominemg	0	0	FLC	4	0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 30g: 10 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
			Number	measures of food						
						Source (Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
_										
Proximates: Water	а	8.0	0	0	0	4		1.92		
Energy		415	•	0	Т	4		100		
Energy		1735		0	NC	4		416		
Protein		3.7	8	1	MA	12		0.91		
Total lipid (fat)	-	11.9		1	MA	12		2.87		
Ash	_	3.0		0	FLM	4		0.72		
Carbohydrate, by difference	_	73.0		1	MA	12		17.52		
Fiber, total dietary		2.4		1	MA	12		0.6		
Sugars, total		37.8		1	MA	12		9.08		
Starch		37.0	-	-				3.00		
	9									
Minerals:	ma	943		1	MA	12		226		
Calcium, CaIron, Fe	_	0.8	5	1	MA MA	12		0.20		
Magnesium, Mg	_	0.0	-	_	m			0.20		
Phosphorus, P										
Potassium, K	_									
Sodium, Na		341		1	MA	12		82		
Zinc, Zn	_									
Copper, Cu	_									
Manganese, Mn	_									
Selenium, Se	_									
Vitamins:										
	ma	0.2		1	MA	12		0.0		
Vitamin C, total ascorbic acid		0.2		1	MA	12		0.0		
ThiaminRiboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6	_									
Folate, total										
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU	<u>JU</u>	51		1	MA	12		12		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3) Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
•										
<u>Lipids:</u>										
Fatty acids, total saturated		6.8	02	1	MA	12		1.632		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated		_		_				_		
Fatty acids, total trans		0.0	62	1	MA	12		0.015		
Cholesterol	_	4		1	MA	12		1		
Phytosterols	ma									

NDB No. 25009

Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Amount in 100 grams of edible portion							Amount in edible portion of common			
			Number	measures of food								
						Source (Confidence					
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3		
Nutrients and on	11.3	Mean	ota. E i oi					weasure i	Micasure 2	Weasure		
Proximates:												
Water	g	4.9	0	0	MC	9		1.37				
Energy	kcal	420		0	T	4		118				
Energy	kJ	1757		0	T	4		492				
Protein	g	4.4	7	0	T	4		1.25				
Total lipid (fat)	g	13.0	2	0	T	4		3.65				
Ash	g	5.3	0	0	MC	9		1.48				
Carbohydrate, by difference	g	72.3	1	0	NC	4		20.25				
Fiber, total dietary	g	2.6		0	T	4		0.7				
Sugars, total	g	38.7	8	0	T	4		10.86				
Starch	g											
Minerals:												
Calcium, Ca	ma	1084		0	T	4		304				
Iron, Fe	-	1.4	0	0	T	4		0.39				
Magnesium, Mg		70		0	FLC	4		20				
Phosphorus, P		207		0	FLC	4		58				
Potassium, K	mg	279		0	FLC	4		78				
Sodium, Na	mg	246		0	T	4		69				
Zinc, Zn	<u>m</u> g	1.4	1	0	FLC	4		0.39				
Copper, Cu	mg	0.3	12	0	FLC	4		0.087				
Manganese, Mn	<u>mg</u>	1.0	67	0	FLC	4		0.299				
Selenium, Se	µg											
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.1		0	T	4		0.0				
Thiamin	mg	0.1	69	0	FLC	4		0.047				
Riboflavin	mg	0.2	01	0	FLC	4		0.056				
Niacin	mg	1.5	39	0	FLC	4		0.431				
Pantothenic acid	mg	0.4	68	0	FLC	4		0.131				
Vitamin B-6	mg	0.1	17	0	FLC	4		0.033				
Folate, total	µg	13		0	FLC	4		4				
Folic acid	µg	0		0	Z	7		0				
Folate, food		13		0	FLC	4		4				
Folate, DFE		13		0	NC	4		4				
Choline, total												
Betaine	-											
Vitamin B-12		0.1		0	FLC	4		0.04				
Vitamin B-12, added		0.0	0	0	NR	4		0.00				
Vitamin A, RAE		15		0	NC	4		4				
Retinol		14		0	NR	4		4				
Carotene, beta		6		U	NR	4		2				
Carotene, alpha												
Cryptoxanthin, beta Vitamin A, IU		57		0	NC	4		16				
Lycopene		37		U	NC	-		10				
Lutein + zeaxanthin												
Vitamin E (alpha-tocopherol)		10.7	9	0	NR	4		3.02				
Vitamin E, added	-	0.0		0	NR	4		0.00				
Tocopherol, beta	-											
Tocopherol, gamma	-											
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta	mg											
Vitamin D (D2 + D3)												
Vitamin D												
Vitamin K (phylloquinone)												
Dihydrophylloquinone												
Menaquinone-4												

	Amount in	100 grams Numbei	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Err		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	4.701	0	FLM	4		1.316		
4:0g	0.027	0	FLM	4		0.007		
6:0g	0.010	0	FLM	4		0.003		
8:0g	0.010	0	FLM	4		0.003		
10:0g	0.055	0	FLM	4		0.015		
12:0	0.165	0	FLM	4		0.046		
13:0g								
14:0	0.155	0	FLM	4		0.043		
15:0g								
16:0g	2.335	0	FLM	4		0.654		
17:0g								
18:0g	1.945	0	FLM	4		0.545		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	4.710	0	FLM	4		1.319		
14:1g								
15:1g								
16:1 undifferentiatedg	0.056	0	FLM	4		0.016		
17:1g								
18:1 undifferentiatedg	4.654	0	FLM	4		1.303		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	2.749	0	FLM	4		0.770		
18:2 undifferentiatedg	2.566	0	FLM	4		0.718		
18:3 undifferentiatedg	0.183	0	FLM	4		0.051		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLM	4		0.000		
21:5g								
22:4g		_						
22:5 n-3 (DPA)g	0.000	0	FLM	4		0.000		
22:6 n-3 (DHA)	0.000	0	FLC	4		0.000		
Fatty acids, total transg	0.051	0	T	4		0.014		
Cholesterolmg	0	0	NR	4		0		
Phytosterolsmg								

Common Measures:

Measure 1 = 28g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Amount ir</u>	100 grams	Amount in edible portion of common					
			Number	measures of food					
					Sauraa (Confidence			
Nutrients and Un	its	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	7.00	0	т	4		1.96		
Energy		463	0	T	4		130		
Energy		1937	0	NR	4		542		
Protein		5.88	1	MA	12		1.65		
Total lipid (fat)	_	20.78	1	MA	12		5.82		
Ash		1.43	1	FLM			0.40		
Carbohydrate, by difference		64.69	0	т	4		18.11		
Fiber, total dietary		2.6	1	MA	12		0.7		
Sugars, total		44.29	0	MA	12		12.40		
Starch			·						
Minerals:									
Calcium, Ca	<u>mg</u>	871	1	MA	12		244		
Iron, Fe	mg	0.89	1	MA	12		0.25		
Magnesium, Mg									
Phosphorus, P	_								
Potassium, K	_								
Sodium, Na	_	268	1	MA	12		75		
Zinc, Zn	_								
Copper, Cu									
Manganese, Mn									
Selenium, Se	µg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.3	1	MA	12		0.1		
Thiamin	-								
Riboflavin									
Niacin	_								
Pantothenic acid	_								
Vitamin B-6	-								
Folate, total									
Folate, DFECholine, total									
Betaine									
Vitamin B-12									
Vitamin A, RAE									
Vitamin A, IU		71	0	NR	4		20		
Lycopene			-				-		
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone Menaquinone-4									
•									
Lipids:	a	10.411	1	MA	12		2.915		
Fatty acids, total saturated Fatty acids, total monounsaturated.		TO.47T	1	гIA	14		2.913		
Fatty acids, total monounsaturated									
Fatty acids, total polyunsaturated		0.319	1	MA	12		0.089		
Cholesterol		0	0	NR	4		0		
Phytosterols	_	•	U	747	-		•		

NDB No. 25007

Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

	Amo	ount in 100	<u>)grams</u> Number		edible portion easures of fo					
Nutrients and Units							Source Confidence			
		Mean S	Std. Error				Confidence	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.26		0	FLC	4		3.60		
Energy		403		0	NC	4		129		
Energy	kJ	1685		0	NC	4		539		
Protein	g	9.38		0	FLC	4		3.00		
Total lipid (fat)	g	10.93		0	FLC	4		3.50		
Ash	g	1.72		0	FLC	4		0.55		
Carbohydrate, by difference	g	66.72		0	NC	4		21.35		
Fiber, total dietary	g	7.5		0	FLC	4		2.4		
Sugars, total	g	32.45		0	FLC	4		10.38		
Starch	g									
Minerals:										
	ma	65		0	FLC	4		21		
Calcium, Ca Iron, Fe	-	5.65		0	FLC	4		1.81		
Magnesium, Mg.	-	105		0	FLC	4		34		
Phosphorus, P	-	290		0	FLC	4		93		
Potassium, K		328		0	FLC	4		105		
Sodium, Na	-	195		0	FLC	4		62		
Zinc, Zn	-	3.28		0	FLC	4		1.05		
Copper, Cu		0.436	5	0	FLC	4		0.139		
Manganese, Mn		1.441	L	0	FLC	4		0.461		
Selenium, Se		11.3		0	FLC	4		3.6		
¥7:4										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.2	_	0	FLC	4		0.1		
Thiamin		0.465		0	FLC	4		0.149		
Riboflavin	-	0.616		0	FLC	4 4		0.197		
Niacin	-	6.442 0.261		0	FLC FLC	4		2.061 0.083		
Pantothenic acid		0.261		0	FLC	4		0.083		
Vitamin B-6	_	127	2	0	FLC	4		41		
Folic acid		109		0	FLC	4		35		
Folate, food		18		0	FLC	4		6		
Folate, DFE		203		0	NC	4		65		
Choline, total		24.0		0	FLC	4		7.7		
Betaine	_			·		-				
Vitamin B-12	-	1.16		0	FLC	4		0.37		
Vitamin B-12, added		1.14		0	FLC	4		0.37		
Vitamin A, RAE		267		0	NC	4		85		
Retinol		266		0	FLC	4		85		
Carotene, beta		5		0	FLC	4		1		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		896		0	NC	4		287		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		40		0	FLC	4		13		
Vitamin E (alpha-tocopherol)	mg	3.72		0	FLC	4		1.19		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg	0.05		0	FLC	4		0.02		
Tocopherol, gamma	mg	0.10		0	FLC	4		0.03		
Tocopherol, delta	mg	0.02		0	FLC	4		0.01		
Tocotrienol, alpha	mg	0.00		0	FLC	4		0.00		
Tocotrienol, beta	mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma		0.00		0	FLC	4		0.00		
Tocotrienol, delta		0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3)	µg	0.8		0	NR	4		0.2		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	31		0	FLC	4		10		
Vitamin K (phylloquinone)	µg	1.2		0	FLC	4		0.4		

	<u>Am oun</u>	t in 100 grams	Amount in edible portion of common					
		Number			measures of food			
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std	. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone								
Wenaquinone-4								
<u>Lipids:</u>								
Fatty acids, total saturatedg	1.930	0	FLC	4		0.618		
4:0g	0.001	0	FLC	4		0.000		
6:0g	0.004	0	FLC	4		0.001		
8:0g	0.050	0	FLC	4		0.016		
10:0g	0.041	ŭ	FLC	4		0.013		
12:0g	0.561	0	FLC FLC	4 4		0.179		
13:0g 14:0g	0.000 0.175	0	FLC	4		0.000 0.056		
14:0	0.000	0	FLC	4		0.000		
16:0g	0.766	0	FLC	4		0.245		
17:0g	0.000	0	FLC	4		0.000		
18:0g	0.328	0	FLC	4		0.105		
20:0g	0.005	0	FLC	4		0.001		
22:0g	0.000	0	FLC	4		0.000		
24:0	0.000	0	FLC	4		0.000		
Fatty acids, total monounsaturatedg	5.705	0	FLC	4		1.826		
14:1g	0.000	0	FLC	4		0.000		
15:19								
16:1 undifferentiatedg	0.034	0	FLC	4		0.011		
17:1g								
18:1 undifferentiatedg	5.664	0	FLC	4		1.813		
20:1g	0.007	0	FLC	4		0.002		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg	0.000	0	FLC	4		0.000		
Fatty acids, total polyunsaturated	2.581	0	FLC	4		0.826		
18:2 undifferentiatedg	2.520	0	FLC	4		0.806		
18:3 undifferentiatedg	0.061	0	FLC	4		0.019		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg	0.000	0	FLC	4		0.000		
20:3 undifferentiatedg	0.000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g								
22:4g	0.000	0	FLC	4		0.000		
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total transg	^	0	PT (*	4		^		
Cholesterolmg	0	0	FLC	4		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 32g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	u gram s	Amount in edible portion of common					
				Number				<u>m</u>	easures of fo	od_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	_		_							
Water		6.9	1	0	FLC	4				
Energy		389		0	NC	4				
Energy		1626	_	0	NC	4				
Protein		3.5		0	LC	8				
Total lipid (fat)	-	6.6		0	FLC	4				
Ash		4.2		0	FLC	4				
Carbohydrate, by difference		78.6		0	NC	4				
Fiber, total dietary		3.3		0	FLC	4				
Sugars, total		4.2	2	0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8				
Iron, Fe	mg	0.4	6	0	FLC	4				
Magnesium, Mg	mg	7		0	FLC	4				
Phosphorus, P		21		0	FLC	4				
Potassium, K	mg	69		0	FLC	4				
Sodium, Na	-	1567		0	FLC	4				
Zinc, Zn		0.0		0	FLC	4				
Copper, Cu		0.0		0	FLC	4				
Manganese, Mn		0.0		0	FLC	4				
Selenium, Se	µg	2.2		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	-	0.3		0	FLC	4				
Thiamin	_	0.0		0	FLC	4				
Riboflavin	-	0.0		0	FLC	4				
Niacin	-	0.2		0	FLC	4				
Pantothenic acid	-	0.0		0	FLC	4				
Vitamin B-6	-	0.0	21	0	FLC	4 4				
Foliate, total		0		0	FLC FLC	4				
Folic acid		2		0	FLC	4				
Folate, food		2		0	NC	4				
Choline, total		2.9		0	FLC	4				
Betaine	-	0.0		0	FLC	4				
Vitamin B-12		0.0		0	FLC	4				
Vitamin B-12, added		0.0		0	FLC	4				
Vitamin A, RAE		0	•	0	NC	4				
Retinol		0		0	FLC	4				
Carotene, beta		0		0	FLC	4				
Carotene, alpha		0		0	FLC	4				
Cryptoxanthin, beta		0		0	FLC	4				
Vitamin A, IU		0		0	FLC	4				
Lycopene		0		0	FLC	4				
Lutein + zeaxanthin		0		0	FLC	4				
Vitamin E (alpha-tocopherol)		1.0	7	0	FLC	4				
Vitamin E, added		0.0	0	0	FLC	4				
Tocopherol, beta		0.0	0	0	FLC	4				
Tocopherol, gamma		0.0	0	0	FLC	4				
Tocopherol, delta		0.0	0	0	FLC	4				
Tocotrienol, alpha		1.4		0	FLC	4				
Tocotrienol, beta		0.0	0	0	FLC	4				
Tocotrienol, gamma		1.0	1	0	FLC	4				
Tocotrienol, delta		0.0	8	0	FLC	4				
Vitamin D (D2 + D3)		0.0		0	FLC	4				
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D		0		0	FLC	4				
Vitamin K (phylloquinone)	µg	0.5		0	FLC	4				

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Measure 2

Measure 3

Measure 1

Number

of Data Deriv Source Confidence Code

Nutrients and Unit	s	Mean Std. I	of Data Error Points		Code
Dihydrophylloquinone					
Menaquinone-4	µg				
Lipids:					
Fatty acids, total saturated	g	3.307	0	FLC	4
4:0	g	0.000	0	FLC	4
6:0	g	0.000	0	FLC	4
8:0		0.000	0	FLC	4
10:0		0.000	0	FLC	4
12:0	-	0.008	0	FLC	4
13:0 14:0	-	0.068	0	FLC	4
15:0	-	0.000	U	FLC	-
16:0		2.940	0	FLC	4
17:0			·		-
18:0	-	0.291	0	FLC	4
20:0	-				
22:0	g				
24:0	g				
Fatty acids, total monounsaturated	g	2.406	0	FLC	4
14:1	-				
15:1	-				
16:1 undifferentiated	-	0.020	0	FLC	4
17:1		2.380	0	FLC	4
18:1 undifferentiated 20:1	-	0.006	0	FLC	4
22:1 undifferentiated		0.000	0	FLC	4
24:1 c			·		-
Fatty acids, total polyunsaturated		0.630	0	FLC	4
18:2 undifferentiated		0.615	0	FLC	4
18:3 undifferentiated	g	0.015	0	FLC	4
18:4	g	0.000	0	FLC	4
20:2 n-6 c,c	g				
20:3 undifferentiated	g				
20:4 undifferentiated		0.000	0	FLC	4
20:5 n-3 (EPA)	-	0.000	0	FLC	4
21:5	-				
22:4	-	0.000	0	FLC	4
22:5 n-3 (DPA) 22:6 n-3 (DHA)		0.000	0	FLC	4
Fatty acids, total trans		0.000	Ū	120	-
Cholesterol		0	0	FLC	4
Phytosterols		0	0	FLC	4
•					
Amino Acids:		0.008	0	FLC	4
Tryptophan		0.008	0	FLC	4
Threonine Isoleucine		0.023	0	FLC	4
Leucine	-	0.056	0	FLC	4
Lysine		0.032	0	FLC	4
Methionine		0.012	0	FLC	4
Cystine	-	0.009	0	FLC	4
Phenylalanine		0.031	0	FLC	4
Tyrosine		0.022	0	FLC	4
Valine	g	0.034	0	FLC	4
Arginine	g	0.034	0	FLC	4
Histidine	g	0.017	0	FLC	4
Alanine	g	0.036	0	FLC	4
Aspartic acid		0.093	0	FLC	4
Glutamic acid		0.102	0	FLC	4
Glycine		0.024	0	FLC	4
Proline	_	0.036	0	FLC	4
Serine	-	0.025	0	FLC	4
Hydroxyproline	g				

Snacks, Pretzels, gluten-free made with cornstarch and potato flour

<u>An</u>	ount in 10	0 grams	Amount in edible portion of common					
Mean		of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
0.0		0	FLC	4				
0		0	FLC	4				
	Mean	Mean Std. Error	Number of Data Mean Std. Error Points 0.0 0 0	Number of Data Deriv Mean Std. Error Points Code 0.0 0 FLC 0 0 FLC	Number of Data Deriv Source Mean Std. Error Points Code Code 0.0 0 FLC 4 0 0 FLC 4	of Data Deriv Source Confidence Mean Std. Error Points Code Code Code 0.0 0 FLC 4 0 0 FLC 4	Number of Data Deriv Source Confidence Mean Std. Error Points Code Code Code Measure 1	Number of Data Deriv Source Confidence Mean Std. Error Points Code Code Code Measure 1 Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am ou</u>	nt in 100 gram	s of ed	ble port	<u>ion</u>	Amount in edible portion of common			
			Num b	. r			measures of food			
					Source	Confidence	_			
Nutrients and Un	its	Mean St	d. Error Point			Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	14.60	1	A	1		3.07			
Energy	-	342	0		4		72			
Energy		1432	0		4		301			
Protein		0.60	1		1		0.13			
	_	1.00	1		1		0.13			
Total lipid (fat)			1		1					
Ash		1.10					0.23			
Carbohydrate, by difference		82.70	0		4		17.37			
Fiber, total dietary		7.7	1	A	1		1.6			
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K										
Sodium, Na	mg	111	1	A	1		23			
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	81.6	1	A	1		17.1			
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU	IU	835	1	A	1		175			
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	g									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	_									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

Common Measures:

Measure 1 = 21g: 1 roll

Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 25 Snacks

		<u>Am ou</u>	nt in 100 gr	am s	Amount in edible portion of common					
			Nun	nber					easures of foo	
						Source Co	onfidence			
Nutrients and U	Inits	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	5.05	0.188	6	A	1		1.43	8.84	1.41
Energy		451		0	NC	4		128	789	126
Energy		1887		0	NC	4		535	3303	528
Protein		12.34	0.126	6	A	1		3.50	21.60	3.46
Total lipid (fat)		15.14	0.489	6	A	1		4.29	26.49	4.24
Ash		1.10	0.011	6	A	1		0.31	1.93	0.31
Carbohydrate, by difference		66.36		0	NC	4		18.81	116.14	18.58
Fiber, total dietary		4.1	0.138	6	A	1		1.2	7.1	1.1
Sugars, total		6.02	0.150	3	A	1		1.71	10.53	1.69
Sucrose		0.00	0.000	3	A	1		0.00	0.00	0.00
		0.47	0.003	3	A	1		0.13	0.83	0.13
Glucose (dextrose)		0.73	0.017	3	A	1		0.21	1.28	0.21
Fructose		0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose		4.81	0.000	3	A	1		1.36	8.42	1.35
Maltose		0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose		49.03	0.000	6	A	1		13.90	85.81	13.73
	9	49.03	0.773	Ü	•	-		13.90	03.01	13.73
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	24	0.774	6	A	1		7	42	7
Iron, Fe		5.05	0.110	6	A	1		1.43	8.84	1.41
Magnesium, Mg		39	0.778	6	A	1		11	68	11
Phosphorus, P		131	1.218	6	A	1		37	230	37
Potassium, K		140	2.154	6	A	1		40	246	39
Sodium, Na		233	3.269	6	A	1		66	408	65
Zinc, Zn		1.00	0.013	6	A	1		0.28	1.76	0.28
Copper, Cu		0.167	0.008	6	A	1		0.047	0.293	0.04
Manganese, Mn		0.672	0.017	6 3	A A	1 1		0.190	1.175	0.18
Selenium, Se	µg	36.2	2.219	3	А	1		10.3	63.3	10.1
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin	_	0.523	0.013	3	A	1		0.148	0.916	0.14
Riboflavin	_	0.337	0.023	3	A	1		0.095	0.589	0.09
Niacin	-	7.660	0.310	3	A	1		2.172	13.405	2.14
Pantothenic acid		0.467	0.022	3	A	1		0.132	0.816	0.13
Vitamin B-6		0.117	0.002	3	A	1		0.033	0.205	0.03
Folate, total		142		0	FLC	4		40	248	40
Folic acid		112		0	FLC	4		32	196	31
Folate, food		30 220		0	FLC	4		8	52	8
Folate, DFE		220 17.8		0	NC	4 4		62 5.0	385 31.1	62 5.0
Choline, total		53.0		0	FLC FLC	4		15.0	92.7	
Betaine	_	0.00		0	FLC	4		0.00	0.00	14.8 0.00
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added		0.00		0	NC	4		0.00	0.00	0.00
Vitamin A, RAE		0		0	FLC	4		0	0	0
Retinol		0		0	FLC	4		0	0	0
Carotene, beta		0		0	FLC	4		0	0	0
Carotene, alpha		0		0	FLC	4		0	0	0
Cryptoxanthin, beta		0		0		4		0	0	0
Vitamin A, IU		0		0	NC FLC	4		0	0	0
Lycopene										
Lutein + zeaxanthin		14		0	FLC	4		4	24	4
Vitamin E (alpha-tocopherol)		0.81		0	FLC	4		0.23	1.43	0.23
Vitamin E, added		0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta		0.05		0	FLC	4		0.01	0.09	0.01
Tocopherol, gamma		0.29		0	FLC	4		0.08	0.50	0.08
Tocopherol, delta	<u>m</u> g	0.01		0	FLC	4		0.00	0.02	0.00
Tocotrienol, alpha		0.02		0	FLC	4		0.00	0.03	0.00

	An	ount in 10	0 grams	of edi	ble portion	Amount in e	dible portion o	of common
			Numbe	-			easures of foo	
				-	Source Confidence			
Nutrients and Units	Mean	Std. Error			Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.0	0	0	FLC	4	0.00	0.00	0.00
Tocotrienol, delta		0	0	FLC	4	0.00	0.00	0.00
Vitamin D (D2 + D3)	ıg 0.0		0	FLC	4	0.0	0.0	0.0
Vitamin D2 (ergocalciferol)								
Vitamin D3 (cholecalciferol)								
Vitamin D			0	FLC	4	0	0	0
Vitamin K (phylloquinone)			0	FLC FLC	4 4	1.5 0.0	9.2 0.0	1.5 0.0
Dihydrophylloquinone			0	FLC	4	0.0	0.0	0.0
	,g 0.0		· ·	120	-	0.0	0.0	0.0
Lipids: Fatty acids, total saturated	1 6.8	35	0	NC	4	1.938	11.961	1.914
4:0	•		002 3	A	1	0.001	0.005	0.001
6:0	•		2	A	1	0.000	0.000	0.000
8:0		06 0.	001 3	A	1	0.002	0.011	0.002
10:0		07 0.	000 3	A	1	0.002	0.012	0.002
12:0		62 0.	006 3	A	1	0.018	0.108	0.017
13:0	J							
14:0	0.1	61 0.	004 3	A	1	0.046	0.282	0.045
15:0			001 3	A	1	0.003	0.016	0.003
16:0			088 3	A	1	1.668	10.296	1.647
17:09			000 3	A	1	0.004	0.025	0.004
18:0	•		011 3	A	1 1	0.174	1.073	0.172
20:0			001 3 000 3	A A	1	0.015 0.003	0.090 0.019	0.014 0.003
22:0			000 3	A	1	0.003	0.019	0.003
Fatty acids, total monounsaturated	•		0	NC	4	1.715	10.588	1.694
14:1	•		001 3	A	1	0.000	0.002	0.000
15:1			000 3	A	1	0.000	0.000	0.000
16:1 undifferentiated	•		000 3	AS	1	0.009	0.053	0.009
16:1 c		31 0.	000 3	A	1	0.009	0.053	0.009
16:1 t9	0.0	00 0.	000 3	A	1	0.000	0.000	0.000
17:1	0.0	00 0.	000 3	A	1	0.000	0.000	0.000
18:1 undifferentiatedQ			061 3	AS	1	1.694	10.456	1.673
18:1 c			061 3	A	1	1.689	10.426	1.668
18:1 t		17 0.	001 3	A	1	0.005	0.030	0.005
18:1-11 t (18:1t n-7)		24 0		_		0.010	0.060	0.010
20:1			000 3 000 3	A As	1 1	0.010 0.000	0.060 0.003	0.010 0.000
22:1 c			000 3	A5 A	1	0.000	0.003	0.000
22:1 t	•		000 3	A	1	0.000	0.000	0.000
24:1 c	•		000 3	A	1	0.002	0.013	0.002
Fatty acids, total polyunsaturated	•		0	NC	4	0.591	3.648	0.584
18:2 undifferentiated			032 3	AS	1	0.571	3.526	0.564
18:2 n-6 c,c		71 0.	033 3	A	1	0.559	3.449	0.552
18:2 CLAs	0.0	04 0.	001 3	A	1	0.001	0.006	0.001
18:2 t,t)							
18:2 i								
18:2 t not further defined			001 3	A	1	0.011	0.070	0.011
18:3 undifferentiatedQ	•		001 3	AS	1	0.017	0.103	0.016
18:3 n-3 c,c,c (ALA)			001 3	A A	1 1	0.017	0.103	0.016
18:3 n-6 c,c,c		00 0.	000 3	A	1	0.000	0.000	0.000
18:4		00 0.	000 3	A	1	0.000	0.000	0.000
20:2 n-6 c,c			000 3	A	1	0.001	0.004	0.001
20:3 undifferentiated			000 3	AS	1	0.000	0.000	0.000
20:3 n-3			000 3	A	1	0.000	0.000	0.000
20:3 n-6			000 3	A	1	0.000	0.000	0.000
20:4 undifferentiated		04 0.	000 3	A	1	0.001	0.008	0.001
20:4 n-69)							
20:5 n-3 (EPA)Q		03 0.	000 3	A	1	0.001	0.005	0.001
21:59								
22:49			000 3	A	1	0.001	0.004	0.001
22:5 n-3 (DPA)Q	0.0	00 0.	000 3	A	1	0.000	0.000	0.000

	<u>Am oun</u>	t in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
		Num be	-	_		<u></u>	0404100 01 100	<u> </u>
					Confidence			
Nutrients and Units	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000 3	A	1		0.000	0.000	0.000
Fatty acids, total transg	0.057	0	NC	4		0.016	0.100	0.016
Fatty acids, total trans-monoenoicg	0.017	0	NC	4		0.005	0.030	0.005
Fatty acids, total trans-polyenoicg	0.040	0	NC	4		0.011	0.070	0.011
Cholesterolmg	0	0	FLC	4		0	0	0
Phytosterolsmg	18	0	FLC	4		5	32	5
Amino Acids:								
Tryptophang	0.143	0	A	1		0.041	0.250	0.040
Threonineg	0.357	0	A	1		0.101	0.625	0.100
Isoleucineg	0.511	0	A	1		0.145	0.894	0.143
Leucineg	0.919	0	A	1		0.261	1.608	0.257
Lysineg	0.194	0	A	1		0.055	0.339	0.054
Methionineg	0.184	0	A	1		0.052	0.322	0.051
Cystineg	0.286	0	A	1		0.081	0.500	0.080
Phenylalanineg	0.684	0	A	1		0.194	1.197	0.192
Tyrosineg	0.306	0	A	1		0.087	0.536	0.086
Valineg	0.572	0	A	1		0.162	1.001	0.160
Arginineg	0.449	0	A	1		0.127	0.786	0.126
Histidineg	0.265	0	A	1		0.075	0.464	0.074
Alanineg	0.409	0	A	1		0.116	0.715	0.114
Aspartic acidg	0.531	0	A	1		0.151	0.929	0.149
Glutamic acidg	4.820	0	A	1		1.367	8.435	1.350
Glycineg	0.490	0	A	1		0.139	0.858	0.137
Prolineg	1.624	0	A	1		0.460	2.842	0.455
Serineg	0.613	0	A	1		0.174	1.072	0.172
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0	0.0
Caffeinemg	0	0	FLC	4		0	0	0
Theobrominemg	0	0	FLC	4		0	0	0

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 175g: 1 bag

Measure 3 = 28g: 6 piece chips

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

Nutrients and Unit Proximates: Water	g ,kcal ,kJ ,g ,g	Mean 4.30 519 2170 2.30 33.60	Std. Error		Deriv		Confidence Code	<u>m</u> Measure 1	easures of foo	Measure :
Proximates: Water	g ,kcal ,kJ ,g ,g	4.30 519 2170 2.30		Points				Measure 1	Measure 2	Measure
Proximates: Water	g ,kcal ,kJ ,g ,g	4.30 519 2170 2.30		Points				Measure 1	Measure 2	Measure
Proximates: Water	g ,kcal ,kJ ,g ,g	4.30 519 2170 2.30		2				Wedsure 1	measure 2	
Water	kcal kJ g g g	519 2170 2.30								
Energy	kcal kJ g g g	519 2170 2.30								
Energy	g g g	2170 2.30		^		1		1.22	3.66	1.81
Protein (N x 6.25)	g g g	2.30		U	NC	4		147	441	218
Total lipid (fat)AshCarbohydrate, by differenceFiber, total dietary	g g			0	NC	4		615	1845	912
Ash	g	33 60		2		1		0.65	1.96	0.97
Carbohydrate, by difference	_	33.00		2		1		9.53	28.56	14.11
Fiber, total dietary	a	1.40		2		1		0.40	1.19	0.59
•		58.40		0	NC	4		16.56	49.64	24.53
Sugara total	g	7.7		0		1		2.2	6.5	3.2
Sugars, total	g	35.34		0	0	4		10.02	30.04	14.84
Starch										
	_									
Minerals:				_				_		_
Calcium, Ca	_	18		2		1		5	15	8
Iron, Fe	_	1.25		2		1		0.35	1.06	0.53
Magnesium, Mg		76		2		1		22	65	32
Phosphorus, P		56		2		1 1		16	48	24 225
Potassium, K Sodium, Na	_	536 6		2		1		152 2	456 5	225 3
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.75		2		1		0.21	0.64	0.32
*	_	0.20		2		1		0.21	0.174	0.08
Copper, Cu		1.56		2		1		0.442	1.326	0.65
Selenium, Se		1.5		0	FLM	4		0.4	1.320	0.6
Selemum, Se	µg	1.5		U	FLIM	-		0.4	1.3	0.0
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	6.3		2		1		1.8	5.4	2.6
Thiamin	_	0.08	5	2		1		0.024	0.072	0.03
Riboflavin	mg	0.01	.7	2		1		0.005	0.014	0.00
Niacin	_	0.71	.0	2		1		0.201	0.604	0.29
Pantothenic acid	mg	0.62		2		1		0.176	0.527	0.26
Vitamin B-6	mg	0.26	0	2		1		0.074	0.221	0.10
Folate, total	µg	14		2		1		4	12	6
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	14		2		1		4	12	6
Folate, DFE	µg	14		0	NC	4		4	12	6
Choline, total	mg	21.3		0	FLA	4		6.0	18.1	8.9
Betaine	mg									
Vitamin B-12	µg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	4		0	NC	4		1	4	2
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta		34		0	BNA	4		10	29	14
Carotene, alpha	µg	32		0	BNA	4		9	27	14
Cryptoxanthin, beta		0		0	BNA	4		0	0	0
Vitamin A, IU	<u>I</u> U	83		1		4		24	71	35
Lycopene		0		0	FLA	4		0	0	0
Lutein + zeaxanthin		46		0	FLA	4		13	39	19
Vitamin E (alpha-tocopherol)		0.24		0	FLA	4		0.07	0.21	0.10
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma	-									
Tocotrienol, delta		_		_		_				
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0
Vitamin D		0			Z	7		0	0	0
Vitamin K (phylloquinone)		1.3		0	FLA	4		0.4	1.1	0.5
Dihydrophylloquinone Menaquinone-4										

	<u>Aı</u>	nount in	100 grams	of edible po	ortion	Amount in 6	edible portion	of common
			Number				easures of foo	
				Doriv Sour	ce Confidence			-
Nutrients and Units	Mean	Std. Er	ror Points			Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	g 28.	970	0	1		8.213	24.625	12.167
4:0	•	000	0	1		0.000	0.000	0.000
6:0	0	200	1	1		0.057	0.170	0.084
8:0	0	510	1	1		0.712	2.134	1.054
10:0		010	1 1	1		0.570	1.709	0.844
12:0	-	910	1	1		4.227	12.674	6.262
14:0	-	620	1	1		1.593	4.777	2.360
15:0	-							
16:0	-	790	1	1		0.791	2.372	1.172
17:0	g							
18:0	0	940	1	1		0.266	0.799	0.395
20:0								
22:0								
24:0Fatty acids, total monounsaturated		950	0	1		0.553	1.658	0.819
14:1	0		ŭ	-		0.555	1.030	0.013
15:1								
16:1 undifferentiated	g 0.	000	1	1		0.000	0.000	0.000
17:1								
18:1 undifferentiated		950	1	1		0.553	1.658	0.819
20:1	0	000	0	1		0.000	0.000	0.000
22:1 undifferentiated	•	000	0	1		0.000	0.000	0.000
24:1 c	-	630	0	1		0.179	0.536	0.265
Fatty acids, total polyunsaturated	0	520	1	1		0.179	0.536	0.260
18:3 undifferentiated	0	010	1	1		0.003	0.009	0.004
18:4		000	0	1		0.000	0.000	0.000
20:2 n-6 c,c								
20:3 undifferentiated	9							
20:4 undifferentiated	-	000	0	1		0.000	0.000	0.000
20:5 n-3 (EPA)	-	000	0	1		0.000	0.000	0.000
21:5	-							
22:4 22:5 n-3 (DPA)	-	000	0	1		0.000	0.000	0.000
22:6 n-3 (DPA)	0	000	0	1		0.000	0.000	0.000
Fatty acids, total trans	0		-	_			******	
Cholesterol			1	4		0	0	0
Phytosterols	mg							
Amino Acids:								
Tryptophan	a 0.	027	0	1		0.008	0.023	0.011
Threonine	0	076	0	1		0.022	0.065	0.032
Isoleucine		074	0	1		0.021	0.063	0.031
Leucine	g 0.:	158	0	1		0.045	0.134	0.066
Lysine	g 0.:	107	0	1		0.030	0.091	0.045
Methionine	0	024	0	1		0.007	0.020	0.010
Cystine		039	0	1		0.011	0.033	0.016
Phenylalanine		086	0	1		0.024	0.073	0.036
Tyrosine		053 104	0	1		0.015 0.029	0.045 0.088	0.022 0.044
ValineArginine	0	104	0	1		0.029	0.088	0.044
Histidine		180	0	1		0.051	0.153	0.076
Alanine		087	0	1		0.025	0.074	0.037
Aspartic acid	g 0.:	253	0	1		0.072	0.215	0.106
Glutamic acid	0	248	0	1		0.070	0.211	0.104
Glycine		082	0	1		0.023	0.070	0.034
Proline		089	0	1		0.025	0.076	0.037
Serine		104	0	1		0.029	0.088	0.044
Hydroxyproline	9							
Others:								
Alcohol, ethyl	-	0	0	7		0.0	0.0	0.0
Caffeine	mg 0		0	FLA 4		0	0	0

NDB No. 19400 Snacks, banana chips

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.4 Fat 8.6 Carbohydrate 3.8

Food Group: 25 Snacks

		Am	ount in 100			ble portio	<u>on</u>		edible portion of easures of foo	
				lum be r		_			easures or roc	<u>5u</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	23.3	6	1	MA	12		6.62	4.67	6.62
Energy	kcal	410		0	MC	9		116	82	116
Energy	kJ	1715		0	MC	9		486	343	486
Protein	g	33.2	0	1	MA	12		9.41	6.64	9.41
Total lipid (fat)	g	25.6	0	1	MA	12		7.26	5.12	7.26
Ash	g	6.8	0	1	MA	12		1.93	1.36	1.93
Carbohydrate, by difference	g	11.0	0	0	MC	9		3.12	2.20	3.12
Fiber, total dietary	g	1.8		1	MA	12		0.5	0.4	0.5
Sugars, total	g	9.0	0	0	0	4		2.55	1.80	2.55
Starch	g									
Minerals:										
Calcium, Ca	ma	20		1	MA	12		6	4	6
Iron, Fe	_	5.4	2	1	MA	12		1.54	1.08	1.54
Magnesium, Mg	_	51	_	0	FLC	4		14	10	14
Phosphorus, P		407		0	FLC	4		115	81	115
Potassium, K	_	597		0	FLC	4		169	119	169
Sodium, Na	_	2081		5	LC	8		590	416	590
Zinc, Zn	mg	8.1	1	2	MA	12		2.30	1.62	2.30
Copper, Cu	mg	0.2	27	2	MA	12		0.064	0.045	0.064
Manganese, Mn	mg	0.1	11	2	MA	12		0.031	0.022	0.031
Selenium, Se	µg	10.7		0	FLM	4		3.0	2.1	3.0
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin	_	0.1	54	0	FLC	4		0.044	0.031	0.044
Riboflavin	mg	0.1	42	0	FLC	4		0.040	0.028	0.040
Niacin	mg	1.7	32	0	FLC	4		0.491	0.346	0.491
Pantothenic acid	mg	0.1	63	0	FLC	4		0.046	0.033	0.046
Vitamin B-6	mg	0.1	79	0	FLC	4		0.051	0.036	0.051
Folate, total	µg	134		0	FLC	4		38	27	38
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food		134		0	FLC	4		38	27	38
Folate, DFE		134		0	NC	4		38	27	38
Choline, total		109.1		0	0	4		30.9	21.8	30.9
Betaine			•	_						
Vitamin B-12		0.9		0	FLC	4 7		0.28	0.20	0.28
Vitamin B-12, added		0.0	U	0	Z AS	1		0.00 0	0.00 0	0.00 0
Vitamin A, RAE Retinol		0		0	Z	7		0	0	0
Carotene, beta		0		0	Z	, 7		0	0	0
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	z	7		0	0	0
Vitamin A, IU		0		0	FLC	4		0	0	0
Lycopene		0		0	z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.4	9	0	NR	4		0.14	0.10	0.14
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	_									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		_		-	_	_			_	
Vitamin D (D2 + D3)		0.3		0	AS	1		0.1	0.1	0.1
Vitamin D		11		0	0	4		3	2	3
Vitamin K (phylloquinone)		2.3		0	BFFN	4		0.6	0.5	0.6
Dihydrophylloquinone	µg									

		<u>Am</u>	ount in 10			ble portion	<u>1</u>	Amount in edible portion of common measures of food			
				Number	•			<u>m</u>	easures of foc	<u>ou</u>	
				of Data	Deriv	Source C	onfidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:											
Fatty acids, total saturated	a	10.8	50	1	MA	12		3.076	2.170	3.076	
4:0	-	0.0		0	FLC	4		0.000	0.000	0.000	
6:0	-	0.0		0	FLC	4		0.000	0.000	0.000	
8:0		0.0		0	FLC	4		0.000	0.000	0.000	
10:0	-	0.0		0	FLC	4		0.004	0.003	0.004	
12:0	_	0.1		0	FLC	4		0.046	0.032	0.046	
13:0											
14:0	-	0.8	19	0	FLC	4		0.232	0.164	0.232	
15:0											
16:0		5.7	20	0	FLC	4		1.622	1.144	1.622	
17:0	-										
18:0	_	3.8	97	0	FLC	4		1.105	0.779	1.105	
20:0											
22:0	_										
24:0											
Fatty acids, total monounsaturated	-	11.3	05	1	MA	12		3.205	2.261	3.205	
14:1											
15:1											
16:1 undifferentiated	-	1.1	35	0	FLC	4		0.322	0.227	0.322	
17:1											
18:1 undifferentiated	-	10.0	99	0	FLC	4		2.863	2.020	2.863	
20:1	g	0.0	71	0	FLC	4		0.020	0.014	0.020	
22:1 undifferentiated		0.0	00	0	FLC	4		0.000	0.000	0.000	
24:1 c	•										
Fatty acids, total polyunsaturated	_	1.0	11	1	MA	12		0.287	0.202	0.287	
18:2 undifferentiated		0.8	10	0	FLC	4		0.230	0.162	0.230	
18:3 undifferentiated	g	0.1	85	0	FLC	4		0.052	0.037	0.052	
18:4	-	0.0	00	0	FLC	4		0.000	0.000	0.000	
20:2 n-6 c.c											
20:3 undifferentiated	-										
20:4 undifferentiated		0.0	16	0	FLC	4		0.005	0.003	0.005	
20:5 n-3 (EPA)		0.0	00	0	FLC	4		0.000	0.000	0.000	
21:5											
22:4											
22:5 n-3 (DPA)	-	0.0	00	0	FLC	4		0.000	0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0	FLC	4		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol	-	48		0	NR	4		14	10	14	
Phytosterols	-										
Others:											
Alcohol, ethyl	g	0.0		0	MA	12		0.0	0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	0	
Theobromine	mg	0		0	Z	7		0	0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 piece, large

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

			Amount in 100 grams of edible portion							
		Num b	er		measures of food					
				Source C	Confidence					
s	Mean St				Code		Measure 2	Measure		
	mean of	u. = 101				Wedsure 1	measure 2	Medsure		
g	19.10	0.190	5	1		5.41	3.82			
kcal	550	() NC	4		156	110			
kJ	2301	()	4		652	460			
g	21.50	0.512	5	1		6.10	4.30			
g	49.60	0.695	5	1		14.06	9.92			
g	4.40	0.151	5	1		1.25	0.88			
g	5.40	() NC	4		1.53	1.08			
-										
-	68			1		19	14			
-	3.40			1			0.68			
	21			4		6	4			
	180	_	-	1		51	36			
-				=						
				=						
				=						
	0.086	1	-	4		0.024	0.017			
mq	6.8	1		4		1.9	1.4			
_	0.141	1		1		0.040	0.028			
_	0.436	1		1		0.124	0.087			
_	4.540	1		1		1.287	0.908			
mg	0.328	1		4		0.093	0.066			
mg	0.205	1		4		0.058	0.041			
µg	0	1		1		0	0			
µg	0	(Z	7		0	0			
µg	0	1		1		0	0			
µg	0	(NC	4		0	0			
mg										
mg										
µg	1.00	1		4		0.28	0.20			
µg	13	(NC	4		4	3			
	0	(NR.	4		0	0			
µg	150	(NR.	4		43	30			
µg										
<u>JU</u>	250	(NC	4		71	50			
µg										
µg										
mg										
	s		### Std. Error Point ### Std. Error Point	S Mean Std. Error Points Code	Mean Std. Error Points Code Code	S Mean Std. Error Points Code C	Second S	Mean Std. Error Points Code Code Code Measure 1 Measure 2		

Lipids:

	Am	ount in 10	00 grams	Amount in edible portion of common				
			Number		measures of food			
				Deriv Source Confidence				
Nutrients and Units	Mean	Std. Erro			Measure 1	Measure 2	Measure 3	
							_	
Fatty acids, total saturated		00	0	1	5.897	4.160		
4:0 6:0	-							
8:0	-							
10:0	•	10	1	1	0.003	0.002		
12:0	g 0.3	30	1	1	0.094	0.066		
13:0	g							
14:0	g 1.4	30	1	1	0.405	0.286		
15:0	-		_	_				
16:0	-	70	1	1	3.337	2.354		
17:0 18:0		60	1	1	2.058	1.452		
20:0		60	1	1	2.056	1.452		
22:0								
24:0								
Fatty acids, total monounsaturated		70	0	1	5.803	4.094		
14:1	g							
15:1	g							
16:1 undifferentiated	=	00	1	1	0.652	0.460		
17:1	-		_	_				
18:1 undifferentiated	•		1	1	5.077	3.582		
20:1	-	50	1	1	0.071	0.050		
22:1 undifferentiated 24:1 c	-							
Fatty acids, total polyunsaturated		20	0	1	1.253	0.884		
18:2 undifferentiated	•		1	1	1.143	0.806		
18:3 undifferentiated		80	1	1	0.108	0.076		
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated								
20:4 undifferentiated		10	1	1	0.003	0.002		
20:5 n-3 (EPA)	-							
21:5 22:4								
22:5 n-3 (DPA)								
22:6 n-3 (DHA)								
Fatty acids, total trans								
Cholesterol	mg 133	0.	926 4	1	38	27		
Phytosterols	,mg							
Amino Acids:								
Tryptophan	-		0	1 1	0.052	0.037		
Threonine Isoleucine	=		0	1	0.236 0.232	0.166 0.164		
Leucine	•		0	1	0.232	0.164		
Lysine			0	1	0.430	0.304		
Methionine	•		0	1	0.129	0.091		
Cystine	•		0	1	0.082	0.058		
Phenylalanine		01	0	1	0.227	0.160		
Tyrosine	g 0.5	96	0	1	0.169	0.119		
Valine	.g 0.9	50	0	1	0.269	0.190		
Arginine			0	1	0.431	0.304		
Histidine			0	1	0.150	0.106		
Alanine			0	1	0.417	0.294		
Aspartic acid			0	1 1	0.561 0.861	0.396 0.607		
Glutamic acid	•		0	1	0.861	0.607		
Proline	•		0	1	0.415	0.432		
Serine	•		0	1	0.253	0.293		
Hydroxyproline	•		•	_	0.200	0.17		
22 E	-							

Snacks, beef sticks, smoked

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 20g: 1 stick

Calories Factors: Protein 4.1 Fat 9 Carbohydrate 2.9

Food Group: 25 Snacks

		<u>Am oun</u>	ıt in 100 gı	rams	of edil	Amount in 100 grams of edible portion								
			Nur	mber	•				edible portion easures of for					
						Source C	Confidence							
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure				
Day 1 and a														
Proximates: Water	g	5.80	0.420	10		1		0.52	1.04					
Energy		384		0	NC	4		35	69					
Energy		1607		0	NC	4		145	289					
Protein (N x 6.25)		8.20	0.431	10		1		0.74	1.48					
Total lipid (fat)		2.80	0.340			1		0.25	0.50					
Ash		1.70	0.188			1		0.15	0.31					
Carbohydrate, by difference	=	81.50		0	NC	4		7.34	14.67					
Fiber, total dietary		4.2		0		1		0.4	0.8					
Sugars, total		0.60		0	0	4		0.05	0.11					
		0.58		0	FLC	4		0.05	0.10					
Sucrose		0.50		·	120	-		0.03	0.10					
Glucose (dextrose)														
Fructose														
Lactose														
Maltose														
Galactose														
Starcn	9													
Minerals:_														
Calcium, Ca	mg	11	1.255	9		1		1	2					
Iron, Fe	mg	1.49	0.124	9		1		0.13	0.27					
Magnesium, Mg	mg	131		2		1		12	24					
Phosphorus, P	mg	360		2		1		32	65					
Potassium, K	mg	290	21.258	6		1		26	52					
Sodium, Na	<u>mg</u>	326	37.510	6		1		29	59					
Zinc, Zn	mg	3.00		2		1		0.27	0.54					
Copper, Cu	mg	0.445		2		1		0.040	0.080					
Manganese, Mn		3.730		1		4		0.336	0.671					
Selenium, Se	µg	24.6		0	BFZN	4		2.2	4.4					
Vitamins:														
Vitamin C, total ascorbic acid	mg	0.0	0.000	4		1		0.0	0.0					
Thiamin	-	0.061	0.012	9		1		0.005	0.011					
Riboflavin	-	0.165	0.036	8		1		0.015	0.030					
Niacin	mg	7.806	0.419	7		1		0.703	1.405					
Pantothenic acid	-	1.000		2		1		0.090	0.180					
Vitamin B-6	mg	0.150		2		1		0.014	0.027					
Folate, total		21		2		1		2	4					
Folic acid	µg	0		0	FLC	4		0	0					
Folate, food	µg	21		0	FLC	4		2	4					
Folate, DFE	µg	21		0	NC	4		2	4					
Choline, total	mg	24.3		0	FLC	4		2.2	4.4					
Betaine	mg													
Vitamin B-12	µg	0.00		2		1		0.00	0.00					
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00					
Vitamin A, RAE	µg	0		0	NC	4		0	0					
Retinol	µg	0		0	FLC	4		0	0					
Carotene, beta	µg	1		0	FLC	4		0	0					
Carotene, alpha	µg	0		0	FLC	4		0	0					
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0					
Vitamin A, IU	<u></u> IU	2		0	NC	4		0	0					
Lycopene	µg	0		0	FLC	4		0	0					
Lutein + zeaxanthin	µg	22		0	FLC	4		2	4					
Vitamin E (alpha-tocopherol)	mg	6.54		0	FLC	4		0.59	1.18					
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00					
Tocopherol, beta	mg	0.00		0	FLC	4		0.00	0.00					
Tocopherol, gamma	mg	1.68		0	FLC	4		0.15	0.30					
Tocopherol, delta	mg	0.06		0	FLC	4		0.01	0.01					
Tocotrienol, alpha	mg	0.56		0	FLC	4		0.05	0.10					
Tocotrienol, beta	ma	0.14		0	FLC	4		0.01	0.02					

	<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common				
			Num ber			<u>m e</u>	easures of foo	<u>d</u>
			of Data	Deriv	Source Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.65	i	0	FLC	4	0.06	0.12	
Tocotrienol, deltamg	0.00		0	FLC	4	0.00	0.00	
Vitamin D (D2 + D3)µg	0.0		0	FLC	4	0.0	0.0	
Vitamin D2 (ergocalciferol)µg								
Vitamin D3 (cholecalciferol)µg	•		•	a		•	•	
Vitamin D	0 6.5		0 0	FLC FLC	4	0 0.6	0 1.2	
Vitamin K (phylloquinone)µg Dihydrophylloquinoneµg	0.0		0	FLC	4	0.0	0.0	
Menaquinone-4	0.0		Ū	FEC	4	0.0	0.0	
Lipids:								
Fatty acids, total saturatedg	0.64	2	0	NC	4	0.058	0.116	
4:0g	0.00	0	0		1	0.000	0.000	
6:0g	0.00	0	0		1	0.000	0.000	
8:0g	0.00	0	0		1	0.000	0.000	
10:0g	0.00	0	0		1	0.000	0.000	
12:0g	0.00	0	1		1	0.000	0.000	
13:0g								
14:0g	0.01	.0	1		1	0.001	0.002	
15:0g	0.00	0	0	FLC	4	0.000	0.000	
16:0g	0.48	0	1		1	0.043	0.086	
17:0g	0.00	0	0	FLC	4	0.000	0.000	
18:0g	0.05	0	1		1	0.005	0.009	
20:0g	0.06	4	0	FLC	4	0.006	0.011	
22:0g	0.03	8	0	FLC	4	0.003	0.007	
24:0g								
Fatty acids, total monounsaturatedg	1.03	0	0	NC	4	0.093	0.185	
14:1g	0.00	0	0	FLC	4	0.000	0.000	
15:1g	0.00		0	FLC	4	0.000	0.000	
16:1 undifferentiatedg	0.01		1		1	0.001	0.002	
17:1g	0.00		0	FLC	4	0.000	0.000	
18:1 undifferentiatedg	1.02		1		1	0.092	0.184	
20:1g	0.00		0		1	0.000	0.000	
22:1 undifferentiated	0.00	0	0		1	0.000	0.000	
Fatty acids, total polyunsaturatedg	0.98	0	0	NC	4	0.088	0.176	
18:2 undifferentiatedg	0.98		1	NC	1	0.087	0.175	
18:3 undifferentiatedg	0.01		1		1	0.001	0.002	
18:4g	0.00		0		1	0.000	0.000	
20:2 n-6 c,cg	0.00		0	FLC	4	0.000	0.000	
20:3 undifferentiatedg	0.00		0	FLC	4	0.000	0.000	
20:4 undifferentiatedg	0.00		0		1	0.000	0.000	
20:5 n-3 (EPA)g	0.00		0		1	0.000	0.000	
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.00	0	0		1	0.000	0.000	
22:6 n-3 (DHA)g	0.00	0	0		1	0.000	0.000	
Fatty acids, total transg	0.00	0	0	FLC	4	0.000	0.000	
Cholesterolmg	0		1		4	0	0	
Phytosterolsmg	40		0	FLC	4	4	7	
Stigmasterolmg	0		0	FLC	4	0	0	
Campesterolmg	15		0	FLC	4	1	3	
Beta-sitosterolmg	25		0	FLC	4	2	5	
Amino Acids:								
Tryptophang	0.10		0		1	0.009	0.019	
Threonineg	0.29		0		1	0.027	0.054	
Isoleucineg	0.34	6	0		1	0.031	0.062	
Leucineg	0.67		0		1	0.061	0.122	
Lysineg	0.31		0		1	0.028	0.056	
Methionineg	0.18		0		1	0.017	0.033	
Cystineg	0.09		0		1	0.009	0.018	
Phenylalanineg	0.42		0		1	0.038	0.076	
Tyrosineg	0.30		0		1	0.028	0.055	
Valineg	0.47	У	0		1	0.043	0.086	

Snacks, brown rice chips

	Amount in	100 grams	of edil	ole portion		Amount in edible portion of common		
Nutrients and Units	Mean Std. Erro		Deriv	Source Cor Code	nfidence Code		easures of foo	Measure 3
Arginineg	0.618	0		1		0.056	0.111	
Histidineg	0.207	0		1		0.019	0.037	
Alanineg	0.476	0		1		0.043	0.086	
Aspartic acidg	0.764	0		1		0.069	0.138	
Glutamic acidg	1.662	0		1		0.150	0.299	
Glycineg	0.402	0		1		0.036	0.072	
Prolineg	0.383	0		1		0.034	0.069	
Serineg	0.422	0		1		0.038	0.076	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	FLC	4		0	0	
Theobrominemg	0	0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common		
				Number					easures of fo	
						Source (Confidence		<u></u>	
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	3.73	3	0	FLC	4		0.75		
Energy		415		0	NC	4		83		
Energy		1737		0	NC	4		347		
Protein	-	0.00		0	LC	8		0.00		
Total lipid (fat)	-	7.50		0	LC	8		1.50		
Ash		1.87		0	FLC	4		0.37		
Carbohydrate, by difference		86.90)	0	NC	4		17.38		
Fiber, total dietary		0.2		0	FLC	4		0.0		
Sugars, total		65.00)	0	LC	8		13.00		
Starch	g									
Minerals:										
Calcium, Ca	mq	500		0	FLC	4		100		
Iron, Fe	-	0.19)	0	FLC	4		0.04		
Magnesium, Mg	mg	23		0	FLC	4		5		
Phosphorus, P		190		0	FLC	4		38		
Potassium, K	<u>mg</u>	338		0	FLC	4		68		
Sodium, Na	-	75		0	LC	8		15		
Zinc, Zn	-	0.86		0	FLC	4		0.17		
Copper, Cu		0.02		0	FLC	4		0.004		
Manganese, Mn		0.02	21	0	FLC	4		0.004		
Selenium, Se	µg	6.0		0	FLC	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	180.0		0	LC	8		36.0		
Thiamin	mg	0.07	19	0	FLC	4		0.016		
Riboflavin	mg	0.34	<u>1</u> 3	0	FLC	4		0.069		
Niacin	mg	0.17	13	0	FLC	4		0.035		
Pantothenic acid	mg	0.62	20	0	FLC	4		0.124		
Vitamin B-6	mg	0.06	59	0	FLC	4		0.014		
Folate, total		10		0	FLC	4		2		
Folic acid		0		0	FLC	4		0		
Folate, food		10		0	FLC	4		2		
Folate, DFE		10		0	NC	4		2		
Choline, total	-	57.8		0	FLC	4		11.6		
Betaine		0.50	-	•	a			0.15		
Vitamin B-12		0.76		0	FLC FLC	4 4		0.15		
Vitamin B-12, added		1	,	0	NC	4		0.00 0		
Vitamin A, RAERetinol		1		0	FLC	4		0		
Carotene, beta		0		0	FLC	4		0		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		3		0	NC	4		1		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		2		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		0.60)	0	FLC	4		0.12		
Vitamin E, added		0.00)	0	FLC	4		0.00		
Tocopherol, beta		0.00)	0	FLC	4		0.00		
Tocopherol, gamma	mg	0.00)	0	FLC	4		0.00		
Tocopherol, delta	mg	0.00)	0	FLC	4		0.00		
Tocotrienol, alpha	mg	0.00		0	FLC	4		0.00		
Tocotrienol, beta		0.00		0	FLC	4		0.00		
Tocotrienol, gamma	mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta		0.00)	0	FLC	4		0.00		
Vitamin D (D2 + D3)		0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)		_		_	_					
Vitamin D3 (cholecalciferol)		0.0		0	FLC	4		0.0		
Vitamin D	JU	0 13.5		0	FLC FLC	4 4		0 2.7		

	<u>Am</u>	ount in 10	00 grams	of edi	Amount in edible portion of common				
			Number	•				easures of foo	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Dibada aballa ariana									
Dihydrophylloquinoneµg Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	1.38		0	FLC FLC	4 4		0.278		
4:0	0.00		0	FLC	4		0.001		
8:0g	0.00		0	FLC	4		0.000		
10:0	0.00		0	FLC	4		0.001		
12:0g	0.00		0	FLC	4		0.001		
13:09									
14:0g	0.02	26	0	FLC	4		0.005		
15:0g									
16:0g	1.07	76	0	FLC	4		0.215		
17:0g									
18:0g	0.26	58	0	FLC	4		0.054		
20:0g									
22:0g									
24:0g	0.98	22	0	FLC	4		0.197		
Fatty acids, total monounsaturatedg 14:1g	0.90	55	U	FLC	4		0.197		
14:19 15:1									
16:1 undifferentiated	0.03	39	0	FLC	4		0.008		
17:1g									
18:1 undifferentiatedg	0.94	11	0	FLC	4		0.188		
20:1g	0.00	00	0	FLC	4		0.000		
22:1 undifferentiatedg	0.00	00	0	FLC	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	3.88		0	FLC	4		0.777		
18:2 undifferentiatedg	3.44		0	FLC	4		0.689		
18:3 undifferentiated	0.44		0	FLC	4		0.088		
18:4g	0.00	00	0	FLC	4		0.000		
20:2 n-6 c,c									
20:3 undifferentiatedg	0.00	00	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.00		0	FLC	4		0.000		
21:5							01000		
22:4g									
22:5 n-3 (DPA)g	0.00	00	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.00	00	0	FLC	4		0.000		
Fatty acids, total transg									
Cholesterolmg	3		0	FLC	4		1		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		

Common Measures:

Measure 1 = 20g: 1 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	Amount in edible portion of common							
				Number	•			measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	17.5	9	0	FLC	4		4.05			
Energy		359		0	NC	4		83			
Energy		1503		0	NC	4		346			
Protein		0.4	6	0	FLC	4		0.11			
Total lipid (fat)	g	6.5	3	0	FLC	4		1.50			
Ash	g	0.7	7	0	FLC	4		0.18			
Carbohydrate, by difference	g	74.6	4	0	NC	4		17.17			
Fiber, total dietary	g	3.3		0	FLC	4		0.8			
Sugars, total	g	39.1	5	0	FLC	4		9.00			
Starch	g										
Minerals:											
Calcium, Ca	ma	430		0	FLC	4		99			
Iron, Fe	-	0.5	6	0	FLC	4		0.13			
Magnesium, Mg		9	·	0	FLC	4		2			
Phosphorus, P		18		0	FLC	4		4			
Potassium, K		100		0	FLC	4		23			
Sodium, Na	mg	8		0	FLC	4		2			
Zinc, Zn	mg	0.1	9	0	FLC	4		0.04			
Copper, Cu	mg	0.1	14	0	FLC	4		0.026			
Manganese, Mn	<u>mg</u>	0.0	82	0	FLC	4		0.019			
Selenium, Se	µg	1.2		0	FLC	4		0.3			
Vitamins:											
Vitamin C, total ascorbic acid	ma	260.8		0	FLC	4		60.0			
Thiamin	-	0.0		0	FLC	4		0.003			
Riboflavin	-	0.0	25	0	FLC	4		0.006			
Niacin	-	0.1	00	0	FLC	4		0.023			
Pantothenic acid	mg	0.0	43	0	FLC	4		0.010			
Vitamin B-6	mg	0.0	26	0	FLC	4		0.006			
Folate, total	µg	2		0	FLC	4		1			
Folic acid	µg	0		0	FLC	4		0			
Folate, food	µg	2		0	FLC	4		1			
Folate, DFE		2		0	NC	4		1			
Choline, total	-	7.5		0	FLC	4		1.7			
Betaine	-	0.0		0	FLC	4		0.0			
Vitamin B-12		0.0		0	FLC	4		0.00			
Vitamin B-12, added		0.0	0	0	FLC FLC	4 4		0.00 0			
Vitamin A, RAE		0		0	FLC	4		0			
Retinol Carotene, beta		0		0	FLC	4		0			
Carotene, alpha		0		0	FLC	4		0			
Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU		0		0	FLC	4		0			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		62		0	FLC	4		14			
Vitamin E (alpha-tocopherol)		0.4	1	0	FLC	4		0.09			
Vitamin E, added		0.0	0	0	FLC	4		0.00			
Tocopherol, beta	mg	0.0	0	0	FLC	4		0.00			
Tocopherol, gamma	mg	0.0	0	0	FLC	4		0.00			
Tocopherol, delta		0.0		0	FLC	4		0.00			
Tocotrienol, alpha		0.0		0	FLC	4		0.00			
Tocotrienol, beta		0.0		0	FLC	4		0.00			
Tocotrienol, gamma		0.0		0	FLC	4		0.00			
Tocotrienol, delta		0.0		0	FLC	4		0.00			
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0			
Vitamin D2 (ergocalciferol)		• -		_							
Vitamin D3 (cholecalciferol)		0.0		0	FLC	4		0.0			
Vitamin D Vitamin K (phylloquinone)		0 2.6		0	FLC FLC	4 4		0 0.6			

	<u>Am o</u>	unt in 100 gram		Amount in edible portion of common measures of food				
		Num be	er			<u>m</u>	easures of for	<u>oa</u>
				Source Co	nfidence			
Nutrients and Units	Mean S	td. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg								
Menaquinone-4								
•								
<u>Lipids:</u>	F 006	•	a	4		1 100		
Fatty acids, total saturatedg	5.096 0.000	0	FLC FLC	4 4		1.172 0.000		
4:0g 6:0g	0.013	0	FLC			0.000		
8:0g	0.204	0	FLC	4		0.003		
10:0g	0.204	0	FLC	4		0.053		
12:0g	2.910	0	FLC			0.669		
13:0g	2.510	Ü	120	•		0.003		
14:0g	1.016	0	FLC	4		0.234		
15:0g								
16:0	0.539	0	FLC	4		0.124		
17:0g								
18:0g	0.182	0	FLC	4		0.042		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.753	0	FLC	4		0.173		
14:1g								
15:1g								
16:1 undifferentiatedg	0.001	0	FLC	4		0.000		
17:1g	0.851	•	a	4				
18:1 undifferentiatedg	0.751	0	FLC	4 4		0.173		
20:1g	0.000	0	FLC FLC	4		0.000		
22:1 undifferentiated	0.000	U	FLC	*		0.000		
Fatty acids, total polyunsaturatedg	0.238	0	FLC	4		0.055		
18:2 undifferentiatedg	0.235	0	FLC	4		0.052		
18:3 undifferentiatedg	0.013	0	FLC			0.003		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg		· ·		-		0.000		
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	FLC	4		0		
Phytosterolsmg	6	0	FLC	4		1		
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC			0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 23g: 1 Roll

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am</u>	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of foo		
						Sauraa C	anfidanca	_		_	
							Confidence				
Nutrients and l	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	4.60	0	1		1		0.41	0.83		
Energy	kcal	387		0	NC	4		35	70		
Energy	kJ	1619		0		4		146	291		
Protein (N x 6.1)	g	8.10	0	1		1		0.73	1.46		
Total lipid (fat)	g	2.40	0	1		1		0.22	0.43		
Ash	g	1.50	0	1		1		0.14	0.27		
Carbohydrate, by difference	g	83.40	0	0	NC	4		7.51	15.01		
Fiber, total dietary	g	1.9		0		4		0.2	0.3		
Sugars, total	g	23.4	7	0	FLA	4		2.11	4.22		
Starch											
Minerals:											
Calcium, Ca	-	19		1		1		2	3		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.40	0	1		1		0.13	0.25		
Magnesium, Mg		114		1		1		10	21		
Phosphorus, P		157		1		1		14	28		
Potassium, K	-	157		1		1		14	28		
Sodium, Na	-	488	_	1		1		44	88		
Zinc, Zn	_	2.00		1		1		0.18	0.36		
Copper, Cu		0.42		1		1		0.038	0.076		
Manganese, Mn	_	1.83 9.9	15	1 0	BFZN	4 4		0.163 0.9	0.327 1.8		
Selenium, Se	µg	9.9		U	DF ZIN	*		0.9	1.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0		
Thiamin	mg	0.2	50	1		1		0.023	0.045		
Riboflavin	mg	0.0		1		1		0.005	0.009		
Niacin	_	5.1		1		1		0.464	0.927		
Pantothenic acid		0.83		1		4		0.075	0.149		
Vitamin B-6	-	0.14	40	1		1		0.013	0.025		
Folate, total		19		1	_	1		2	3		
Folic acid		0		0	Z	7		0	0		
Folate, food		19		1		1 4		2	3		
Folate, DFE		19		0	NC	4		2	3		
Choline, total	-										
Betaine	• • • • • • • • • • • • • • • • • • • •	0.00	0	1		4		0.00	0.00		
Vitamin A PAE		0.00 70	U	1 0	NC	4 4		0.00 6	0.00 13		
Vitamin A, RAE		69		0	BNA	4		6	13 12		
	· -	5		0		4		0	1		
Carotene, beta		0		0	BNA BNA	4		0	0		
Carotene, alpha Cryptoxanthin, beta		4		0	BNA	4		0	1		
Vitamin A, IU		242		0	NC	4		22	44		
Lycopene		0		0	FLA	4		0	0		
Lutein + zeaxanthin		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		J		Ū	- 46	•		·	· ·		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha		0.00	0	0	FLA	4		0.00	0.00		
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)	_										
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol).											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0		
Dihydrophylloquinone											
Menaquinone-4											

	<u>An</u>	ount in 10	0 grams	of edi	Amount in edible portion of common				
			Number					easures of foo	•
					Source (Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.4	20	0		1		0.038	0.076	
4:0g	0.0	00	0		1		0.000	0.000	
6:0g	0.0	00	0		1		0.000	0.000	
8:0g	0.0		0		1		0.000	0.000	
10:0g	0.0		0		1		0.000	0.000	
12:0g	0.0	00	1		1		0.000	0.000	
13:0g	0.0	10	1		1		0 001	0.000	
14:0g 15:0g	0.0	10	-		_		0.001	0.002	
16:0g	0.3	60	1		1		0.032	0.065	
17:0g							0,002	*****	
18:0g	0.0	40	1		1		0.004	0.007	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.7	60	0		1		0.068	0.137	
14:1g									
15:1	0.0	10	1		1		0.001	0.002	
16:1 undifferentiated	0.0	10	-		_		0.001	0.002	
18:1 undifferentiatedg	0.7	60	1		1		0.068	0.137	
20:1	0.0		0		1		0.000	0.000	
22:1 undifferentiatedg	0.0	00	0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.9	30	0		1		0.084	0.167	
18:2 undifferentiatedg	0.8	90	1		1		0.080	0.160	
18:3 undifferentiatedg	0.0		1		1		0.003	0.005	
18:4g	0.0	00	0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg	0.0	00	0		1		0.000	0.000	
20:4 undifferentiated	0.0		0		1		0.000	0.000	
20:5 II-5 (EPA)g	0.0	00	U		_		0.000	0.000	
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		1		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		1		4		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.0	81	0		1		0.007	0.015	
Threonineg	0.3	01	0		1		0.027	0.054	
Isoleucineg	0.3	16	0		1		0.028	0.057	
Leucineg	0.8	37	0		1		0.075	0.151	
Lysineg	0.2	67	0		1		0.024	0.048	
Methionineg	0.1		0		1		0.016	0.032	
Cystineg	0.1		0		1		0.011	0.022	
Phenylalanineg	0.4		0		1		0.037	0.073	
Tyrosineg	0.3		0		1		0.029	0.057	
Valineg	0.4 0.5		0		1 1		0.040 0.046	0.080 0.091	
Arginine9 Histidine	0.3		0		1		0.046	0.091	
Alanine	0.2		0		1		0.020	0.041	
Aspartic acid	0.6		0		1		0.059	0.119	
Glutamic acid	1.5		0		1		0.143	0.285	
Glycineg	0.3		0		1		0.033	0.066	
Prolineg	0.5		0		1		0.049	0.099	
Serineg	0.4	02	0		1		0.036	0.072	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0.0	0	
Carronic	•		•		-		•	•	

NDB No. 19419 Snacks, corn cakes

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

Refuse:0%

Lipids:

		Am	ount in 10	u gram s	ot edil	oie porti	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	od_	
				of Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	4.6	0	1		1		0.41	0.83		
Energy	kcal	387		0	NC	4		35	70		
Energy	kJ	1619				4		146	291		
Protein (N x 6.1)	g	8.1	0	1		1		0.73	1.46		
Total lipid (fat)	g	2.4	0	1		1		0.22	0.43		
Ash	g	1.5	0	1		1		0.14	0.27		
Carbohydrate, by difference	g	83.4	0	0	NC	4		7.51	15.01		
Fiber, total dietary											
Sugars, total											
Starch	_										
Statem	9										
Minerals:											
Calcium, Ca	_	19		1		1		2	3		
Iron, Fe		1.4	0	1		1		0.13	0.25		
Magnesium, Mg	mg	114		1		1		10	21		
Phosphorus, P		157		1		1		14	28		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	157		1		1		14	28		
Sodium, Na	mg	28		1		1		3	5		
Zinc, Zn	mg	2.0		1		1		0.18	0.36		
Copper, Cu		0.4		1		1		0.038	0.076		
Manganese, Mn		1.8	15	1		4		0.163	0.327		
Selenium, Se	µg	9.9		0	BFZN	4		0.9	1.8		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0		
Thiamin	_	0.2		1		1		0.023	0.045		
Riboflavin	_	0.0		1		1		0.005	0.009		
Niacin	_	5.1		1		1		0.464	0.927		
Pantothenic acid	-	0.8		1		4		0.075	0.149		
Vitamin B-6	_	0.1		1		1		0.013	0.025		
Folate, total	_	19		1		1		2	3		
Folic acid		0		0	z	7		0	0		
Folate, food		19		1	_	1		2	3		
Folate, DFE		19		0	NC	4		2	3		
Choline, total				•		-		-			
Betaine	_										
Vitamin B-12	_	0.0	0	1		4		0.00	0.00		
Vitamin A. RAE		12	•	0	NC	4		1	2		
Retinol		0		0	Z	7		0	0		
Carotene, beta	เน	·		·	_	•		· ·	· ·		
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		242		1		1		22	44		
Lycopene				_		_					
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	<u>.</u>	Amount in 10		of edib			dible portion o		
Nutrients and Units	Mear	n Std. Error			Source Conf Code Co	idence ode	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated		.420	0		1		0.038	0.076	
4:0 6:0	=								
8:0	_								
10:0	•								
12:0	=	.000	1		1		0.000	0.000	
14:0	_	.010	1		1		0.001	0.002	
15:0	=								
16:0		.360	1		1		0.032	0.065	
17:0 18:0	-	.040	1		1		0.004	0.007	
20:0			_		_		0.001		
22:0	g								
24:0			•				0.000	0.125	
Fatty acids, total monounsaturated	0	.760	0		1		0.068	0.137	
15:1									
16:1 undifferentiated		.010	1		1		0.001	0.002	
17:1		7.50	_		_				
18:1 undifferentiated		.760	1		1		0.068	0.137	
22:1 undifferentiated	_								
24:1 c	_								
Fatty acids, total polyunsaturated		.930	0		1		0.084	0.167	
18:2 undifferentiated	9	.890	1 1		1 1		0.080 0.003	0.160 0.005	
18:3 undifferentiated	•	.030	1		1		0.003	0.005	
20:2 n-6 c,c	•								
20:3 undifferentiated	_								
20:4 undifferentiated	_								
20:5 n-3 (EPA)	_								
22:4	•								
22:5 n-3 (DPA)	_								
22:6 n-3 (DHA)	_								
Fatty acids, total trans			1		4		0	0	
Phytosterols	•		-		-		Ü	Ü	
Amino Acids:	-								
Tryptophan	a 0	.081	0		1		0.007	0.015	
Threonine		.301	0		1		0.027	0.054	
Isoleucine	g 0	.316	0		1		0.028	0.057	
Leucine	•	.837	0		1		0.075	0.151	
Lysine	•	.267 .177	0		1 1		0.024 0.016	0.048	
Methionine	•	.124	0		1		0.016	0.032 0.022	
Phenylalanine		.408	0		1		0.037	0.073	
Tyrosine		.317	0		1		0.029	0.057	
Valine	•	.442	0		1		0.040	0.080	
Arginine		.506 .227	0 0		1 1		0.046 0.020	0.091 0.041	
Alanine	•	.540	0		1		0.020	0.041	
Aspartic acid	•	.659	0		1		0.059	0.119	
Glutamic acid	•	.584	0		1		0.143	0.285	
Glycine	•	.365	0		1		0.033	0.066	
Proline Serine	•	.402	0 0		1 1		0.049 0.036	0.099 0.072	
Hydroxyproline	•		Ŭ		=		3.030	J.072	

Snacks, corn cakes, very low sodium

Common Measures: Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1 Fat 8.4 Carbohydrate4.1

Food Group: 25 Snacks

Refuse:0%

Lipids:

		<u>Am</u>	ount in 100 gr	Amount in edible portion of common						
			Nun	measures of food						
			of l	Data	Deriv	Source Confid	ence			
Nutrients and Ur	its	Mean	Std. Error Po			Code Cod		Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	1.20	0.095			1		0.34	2.38	
Energy		523		0		4		148	1036	
Energy	kJ	2188				4		620	4333	
Protein (N x 6.1)	g	7.00	0.177	21		1		1.98	13.86	
Total lipid (fat)	g	32.70	0.435	22		1		9.27	64.75	
Ash	g	2.80	0.162	20		1		0.79	5.54	
Carbohydrate, by difference	g	56.20		0	NC	4		15.93	111.28	
Fiber, total dietary		5.2		0		4		1.5	10.3	
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	ma	131	5.863	21		1		37	259	
Iron, Fe	-	1.54				1		0.44	3.05	
Magnesium, Mg	-	77	1.784			1		22	152	
Phosphorus, P		207	6.006			1		59	410	
Potassium, K	-	236	31.024			1		67	467	
Sodium, Na	-	763	35.568	7		1		216	1511	
Zinc. Zn	-	1.06	0.109	19		1		0.30	2.10	
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.16	6 0.039	18		1		0.047	0.329	
Manganese, Mn		0.77	4 0.222	14		1		0.219	1.533	
Selenium, Se		4.1		0	FLM	4		1.2	8.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7	0.853	6		1		0.5	3.4	
Thiamin	-	0.07	5 0.016	20		1		0.021	0.149	
Riboflavin	-	0.21	0.020	17		1		0.060	0.416	
Niacin	-	1.64	5 0.059	20		1		0.466	3.257	
Pantothenic acid	_	0.14	3 0.043	3		1		0.041	0.283	
Vitamin B-6	-	0.23	0 0.023	6		1		0.065	0.455	
Folate, total	_	39		1		4		11	77	
Folic acid		0		0	z	7		0	0	
Folate, food	µg	39		1		4		11	77	
Folate, DFE		39		0	NC	4		11	77	
Choline, total										
Betaine	-									
Vitamin B-12	-	0.00		1		4		0.00	0.00	
Vitamin A. RAE	ug	31		0	NC	4		9	60	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		611	58.327	15		1		173	1210	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4										

	Amo	ount in 100 grams	s of edible portion	Amount in edible portion of common measures of food				
		Num be	Number of Data Deriv Source Confide			<u> </u>		
Nutrients and Units	Mean	of Data Std. Error Points			Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated	g 4.46	0 0	1		1.264	8.831		
4:0	=							
6:0 8:0	-							
10:0	=							
12:0	-							
13:0	g							
14:0	=							
15:0	-		_					
16:0	=	0 2	1		0.995	6.950		
17:0 18:0	-	0 2	1		0.272	1.901		
20:0	=	_	_		0.272	1.501		
22:0	•							
24:0	9							
Fatty acids, total monounsaturated		0 0	1		2.688	18.770		
14:1	=							
15:1	•	0 2	1		0.026	0 170		
16:1 undifferentiated	-	2	1		0.026	0.178		
18:1 undifferentiated	-	0 2	1		2.662	18.592		
20:1								
22:1 undifferentiated	-							
24:1 c	g							
Fatty acids, total polyunsaturated			1		4.584	32.017		
18:2 undifferentiated			1		4.235	29.581		
18:3 undifferentiated	=	0 2	1		0.349	2.435		
18:4 20:2 n-6 c,c	=							
20:3 undifferentiated	=							
20:4 undifferentiated	=							
20:5 n-3 (EPA)	=							
21:5	-							
22:4	•							
22:5 n-3 (DPA)	=							
22:6 n-3 (DHA)Fatty acids, total trans	=							
Cholesterol		0.111 4	1		0	0		
Phytosterols	3		_		·	· ·		
Amino Acids:	-							
Tryptophan	g 0.06	3 0	1		0.018	0.125		
Threonine		9 0	1		0.079	0.552		
Isoleucine	g 0.27	7 0	1		0.079	0.548		
Leucine			1		0.212	1.479		
Lysine			1		0.081	0.562		
Methionine			1		0.038	0.265		
Cystine	=		1		0.034 0.094	0.236		
Phenylalanine Tyrosine	•		1		0.094	0.659 0.541		
Valine	•		1		0.101	0.707		
Arginine	•		1		0.106	0.739		
Histidine	•		1		0.057	0.396		
Alanine		5 0	1		0.135	0.941		
Aspartic acid			1		0.166	1.160		
Glutamic acid			1		0.352	2.461		
Glycine			1		0.083	0.580		
Proline			1 1		0.148	1.032		
Serine		, 0	1		0.096	0.667		
Hydroxyproline	ਬ							

Snacks, corn-based, extruded, chips, barbecue-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.7 Fat 8.7 Carbohydrate 3.9

Food Group: 25 Snacks

NDB No. 19804 Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Refuse:0%

Lipids:

		Amol	unt in 100	Amount in edible portion of common						
			Nu	umber	measures of food					
			o	f Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean S	td. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	1.20		0	BFZN	4		0.34		
Energy	-	523		0	BFZN	4		148		
		2188		U	DF ZIN	4				
Energy				•				620		
Protein		7.00		0	BFZN	4		1.98		
Total lipid (fat)		32.70		0	BFZN	4		9.27		
Ash	_	2.80		0	BFZN	4		0.79		
Carbohydrate, by difference		56.20		0	BFZN	4		15.93		
Fiber, total dietary										
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	131		0	BFZN	4		37		
Iron, Fe		4.90		0	BFZN	4		1.39		
Magnesium, Mg	-	77		0	BFZN	4		22		
Phosphorus, P		207		0	BFZN	4		59		
Potassium, K	-	236		0	BFZN	4		67		
Sodium, Na	_	763		0	BFZN	4		216		
Zinc. Zn	• • • • • • • • • • • • • • • • • • • •	1.06		0	BFZN	4		0.30		
Copper, Cu	•	0.166		0	BFZN	4		0.047		
Manganese, Mn		0.774		0	BFZN	4		0.219		
Selenium, Se		6.7		0	BFZN	4		1.9		
,										
Vitamins:	ma	1.7		0	DEZM	4		0.5		
Vitamin C, total ascorbic acid	_				BFZN	12				
Thiamin	_	0.420		1 1	MA	12		0.119		
Riboflavin	_	0.480		1	MA MA	12		0.136 1.786		
Niacin	=	6.300								
Pantothenic acid	-	0.143		0	BFZN	4		0.041		
Vitamin B-6	=	0.230		0	BFZN	4		0.065		
Folate, total		200		1	MA.	12		57		
Folic acid		0		0	Z	7		0		
Folate, food		200		1	MA	12		57		
Folate, DFE		200		0	NC	4		57		
Choline, total	-									
Betaine										
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE		31		0	NC	4		9		
Retinol		0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	611		0	BFZN	4		173		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	<u>A</u>	mount in 1	00 grams	Amount in edible portion of common						
			Number				measures of food			
					Source Confidence					
Nutrients and Units	Mean	Std. Erro	or Points	Code	Code Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated		460	0	BFZN	4	1.264				
4:0	.0	000	0	BFZN	4	0.000				
6:0 8:0	.0	000 000	0	BFZN BFZN	4 4	0.000				
10:0	•	000	0	BFZN	4	0.000				
12:0	.0	000	0	BFZN	4	0.000				
13:0	•									
14:0	.g 0.	000	0	BFZN	4	0.000				
15:0	-									
16:0	=	510	0	BFZN	4	0.995				
17:0 18:0	-	960	0	BFZN	4	0.272				
20:0	-	900	U	DF ZIN	*	0.272				
22:0	•									
24:0	-									
Fatty acids, total monounsaturated	.g 9.	480	0	BFZN	4	2.688				
14:1	-									
15:1	.0									
16:1 undifferentiated	-	090	0	BFZN	4	0.026				
17:1	•	390	0	BFZN	4	2.662				
20:1	-	000	0	BFZN	4	0.000				
22:1 undifferentiated		000	0	BFZN	4	0.000				
24:1 c										
Fatty acids, total polyunsaturated		170	0	BFZN	4	4.584				
18:2 undifferentiated	.g 14.	940	0	BFZN	4	4.235				
18:3 undifferentiated	.g 1.	230	0	BFZN	4	0.349				
18:4	•	000	0	BFZN	4	0.000				
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated	-	000	0	BFZN	4	0.000				
20:5 n-3 (EPA)	_	000	0	BFZN	4	0.000				
21:5	_				-	0.000				
22:4	_									
22:5 n-3 (DPA)		000	0	BFZN	4	0.000				
22:6 n-3 (DHA)		000	0	BFZN	4	0.000				
Fatty acids, total trans										
Cholesterol			0	Z	7	0				
Phytosterols	ing									
Amino Acids:										
Tryptophan	•	063	0	BFZN	4	0.018				
Threonine		279	0	BFZN	4	0.079				
Isoleucine	.0	277	0	BFZN	4 4	0.079				
LeucineLysine	•	747 284	0	BFZN BFZN	4	0.212 0.081				
Methionine		134	0	BFZN	4	0.038				
Cystine	•	119	0	BFZN	4	0.034				
Phenylalanine	•	333	0	BFZN	4	0.094				
Tyrosine	_	273	0	BFZN	4	0.077				
Valine	•	357	0	BFZN	4	0.101				
Arginine	•	373	0	BFZN	4	0.106				
Histidine	•	200	0	BFZN	4	0.057				
Alanine	•	475	0	BFZN	4	0.135				
Aspartic acid	•	586 242	0	BFZN	4	0.166				
Glysina	•	243 293	0	BFZN BFZN	4 4	0.352 0.083				
GlycineProline	•	293 521	0	BFZN	4	0.148				
Serine	•	337	0	BFZN	4	0.096				
Hydroxyproline	•		-	-						

Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Common Measures: Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Amoui	nt in 100 gra	Amount in edible portion of common					
			Num	ber				easures of foo	
					eriv	Source Confidence			
Nutrients and Unit	ts	Mean Sto	l. Error Poi			Code Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	-	1.07	0.119	12	A	1	0.30	0.30	2.13
Energy		538		0	NC	4	151	152	1065
Energy		2250		0	NC	4	630	638	4455
Protein (N x 6.25)	=	6.17	0.092		A	1	1.73	1.75	12.21
Total lipid (fat)		33.36		12	A	1	9.34	9.46	66.05
Ash	-	2.13	0.076	12	A	1	0.60	0.60	4.22
Carbohydrate, by difference		56.90		0	NC	4	15.93	16.13	112.66
Fiber, total dietary		4.0	0.135	6	A	1	1.1	1.1	8.0
Sugars, total		0.27	0.060	6	A	1	0.08	0.08	0.54
Sucrose	g	0.27	0.060	6	A	1	0.08	0.08	0.54
Glucose (dextrose)		0.00	0.000	6	A	1	0.00	0.00	0.00
Fructose		0.00	0.000	6	A	1	0.00	0.00	0.00
Lactose		0.00	0.000	6	A	1	0.00	0.00	0.00
Maltose	<u>g</u>	0.00	0.000	6	A	1	0.00	0.00	0.00
Galactose		0.00	0.000	6	A	1	0.00	0.00	0.00
Starch	g	51.36	2.269	5	A	1	14.38	14.56	101.69
Minerals:									
Calcium, Ca	-	138	4.351		A	1	39	39	273
Iron, Fe	-	1.20		12	A	1	0.34	0.34	2.37
Magnesium, Mg		72		12	A	1	20	20	142
Phosphorus, P		194	4.044		A	1	54	55	384
Potassium, K	-	144		12	A	1	40	41	285
Sodium, Na	-	514 1.29	28.740 0.031		A A	1	144 0.36	146 0.36	1018 2.55
Zinc, Zn Copper, Cu	-	0.101	0.031		A	1	0.36	0.36	0.20
Manganese, Mn		0.333	0.014		A	1	0.028	0.029	0.66
Selenium, Se		7.6	0.874		A	1	2.1	2.2	15.1
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		1	A	1	0.0	0.0	0.0
Thiamin	mg	0.047	0.007	6	A	1	0.013	0.013	0.09
Riboflavin	mg	0.078	0.003	6	A	1	0.022	0.022	0.15
Niacin	mg	0.842	0.039	6	A	1	0.236	0.239	1.66
Pantothenic acid	mg	0.190	0.012	4	A	1	0.053	0.054	0.37
Vitamin B-6	mg	0.167	0.018	6	A	1	0.047	0.047	0.33
Folate, total	µg	8	1.238	6	A	1	2	2	16
Folic acid		0		0	Z	7	0	0	0
Folate, food		8		0	NR	4	2	2	15
Folate, DFE	· -	8		0	NC	4	2	2	15
Choline, total		12.1		0	AS	1	3.4	3.4	23.9
Betaine	_	0.1		1	A	1	0.0	0.0	0.2
Vitamin B-12		0.00		1	_	4	0.00	0.00	0.00
Vitamin B-12, added		0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE		3		0	AS	1	1	1	7
Retinol		0		0	BNA	4	0	0	0
Carotene, beta		20	3.256	6	A	1	6	6	40
Carotene, alpha		2	0.935	6	A	1	1	1	4
Cryptoxanthin, beta		41	9.390	6	A	1	11	12	81
Vitamin A, IU		69 0	0 000	0	AS A	1 1	19 0	20 0	137 0
Lycopene			0.000	6	A A	1			
Lutein + zeaxanthin		527	94.640	6	A A	1	147 2.02	149	1043
Vitamin E (alpha-tocopherol)		7.23 0.00	0.401	6 0	A Z	7	0.00	2.05 0.00	14.31
Vitamin E, added		0.00	0.010	6	Z A	1	0.00		0.00
Tocopherol, beta		17.84	1.392	6	A	1	5.00	0.10 5.06	0.69 35.33
Tocopherol, gamma		0.60	0.044	6	A A	1	0.17	0.17	1.20
Tocopherol, delta		0.90	0.044	6	A	1	0.17	0.17	1.78
Tocotrienol, alpha Tocotrienol, beta		0.90	0.059	6	A A	1	0.25	0.26	0.00

	<u>Am</u>	ount in 1	00 gr	am s	of edik	ole porti	<u>on</u>	Amount in edible portion of common measures of food		
			Num			_		<u>m (</u>	easures of foo	<u>a</u>
Nutrients and Units	Mean	Std. Erro				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma			.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta		0 0	.000	6	A Z	1		0.00	0.00	0.00
Vitamin D (D2 + D3)				0	Z	7		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)										
Vitamin D				0	z	7		0	0	0
Vitamin K (phylloquinone)	ıg 6.3			2	A	1		1.8	1.8	12.4
Dihydrophylloquinone				2	A	1		4.7	4.8	33.3
Menaquinone-4	ıg									
Lipids:										
Fatty acids, total saturated9	4.3	31		0	NC	4		1.213	1.228	8.576
4:09			.001	6	A	1		0.000	0.000	0.002
6:09			.000	6	A	1 1		0.000	0.000	0.000
8:0			.003	6 6	A A	1		0.003 0.001	0.003 0.001	0.019 0.008
12:0				6	A	1		0.000	0.000	0.002
13:09									0.000	
14:09	0.0	12 0	.000	6	A	1		0.003	0.003	0.024
15:09			.000	6	A	1		0.001	0.001	0.009
16:09			.123	6	A	1		0.983	0.995	6.952
17:09			.001	6	A	1 1		0.006	0.006	0.040
18:0			.015	6 6	A A	1		0.155 0.033	0.157 0.034	1.093 0.236
22:09	•		.002	6	A	1		0.011	0.012	0.081
24:09	•		.001	6	A	1		0.015	0.016	0.109
Fatty acids, total monounsaturated9		34		0	NC	4		2.558	2.590	18.086
14:19	0.0	00 0	.000	6	A	1		0.000	0.000	0.000
15:19			.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated9			.001	6	AS	1		0.009	0.009	0.062
16:1 c9 16:1 t9			.001	6 6	A A	1 1		0.009 0.000	0.009 0.000	0.062 0.000
17:19			.000	6	A	1		0.003	0.003	0.022
18:1 undifferentiated			.105	6	AS	1		2.516	2.548	17.793
18:1 c9	8.9	68 0	.106	6	A	1		2.511	2.542	17.757
18:1 t9	0.0	18 0	.001	6	A	1		0.005	0.005	0.036
18:1-11 t (18:1t n-7)9				_	_	_				
20:1			.003	6 6	A As	1 1		0.029	0.029	0.205
22:1 undifferentiated			.000	6	AS A	1		0.001 0.001	0.001 0.001	0.005 0.005
22:1 t	•		.000	6	A	1		0.000	0.000	0.000
24:1 c			.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	16.4	38		0	NC	4		4.603	4.660	32.548
18:2 undifferentiated9			.654	6	AS	1		4.518	4.574	31.948
18:2 n-6 c,c			.647	6	A	1		4.490	4.546	31.751
18:2 CLAs		29 0	.002	6	A	1		0.008	0.008	0.058
18:2 ig										
18:2 t not further defined9		70 0	.008	6	A	1		0.020	0.020	0.139
18:3 undifferentiated	0.2	78 0	.010	6	AS	1		0.078	0.079	0.550
18:3 n-3 c,c,c (ALA)9			.009	6	A	1		0.074	0.075	0.524
18:3 n-6 c,c,c9			.002	6	A	1		0.004	0.004	0.027
18:3ig			.000	6 6	A A	1 1		0.000	0.000	0.000
18:4			.001	6	A	1		0.000 0.002	0.000 0.002	0.000 0.014
20:2 II-6 C,C9 20:3 undifferentiated9			.000	6	AS	1		0.002	0.002	0.014
20:3 n-39			.000	6	A	1		0.002	0.002	0.011
20:3 n-69		00 0	.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated9		06 0	.000	6	A	1		0.002	0.002	0.011
20:4 n-6		00 -	000	_	_	-		0 000	0.000	0 000
20:5 n-3 (EPA)		u o 0	.002	ь	A	1		0.002	0.002	0.012
22:49		00 0	.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)9			.000		A	1		0.000	0.000	0.000
									-	

	<u>Am our</u>	nt in 100 gr Num			ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std	of I I.Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans	0.088	0.000	0	NC	4		0.025	0.000	0.000
Fatty acids, total trans-monoenoicg	0.000		0	NC	4		0.025	0.025	0.036
Fatty acids, total trans-monoemoreg	0.010		0	NC	4		0.020	0.003	0.139
Cholesterolmg	0.070	0.000	4	A	1		0.020	0.020	0.133
Phytosterolsmg	· ·	0.000	-		-		· ·	v	Ü
Stigmasterolmg	21	0.485	4	A	1		6	6	41
Campesterol mg	51	2.682	4	A	1		14	14	100
Beta-sitosterolmg	148	8.351	4	A	1		41	42	292
Amino Acids:									
	0.046		0		1		0.013	0.013	0.091
Tryptophan	0.046		0		1		0.013	0.013	0.091
Isoleucineg	0.240		0		1		0.066	0.070	0.465
Leucine	0.803		0		1		0.225	0.007	1.590
Lysine	0.185		0		1		0.052	0.052	0.366
Methionine9	0.137		0		1		0.032	0.032	0.271
Cystineg	0.119		0		1		0.033	0.034	0.236
Phenylalanineg	0.322		0		1		0.090	0.091	0.638
Tyrosine	0.266		0		1		0.074	0.075	0.527
Valine	0.331		0		1		0.093	0.094	0.655
Arginine	0.326		0		1		0.091	0.092	0.645
Histidine	0.200		0		1		0.056	0.057	0.396
Alanineg	0.491		0		1		0.137	0.139	0.972
Aspartic acid	0.456		0		1		0.128	0.129	0.903
Glutamic acid	1.230		0		1		0.344	0.349	2.435
Glycineg	0.269		0		1		0.075	0.076	0.533
Prolineg	0.572		0		1		0.160	0.162	1.133
Serineg	0.312		0		1		0.087	0.088	0.618
Hydroxyproline9									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 28g: 1 oz Measure 2 = 28.35g: 1 oz Measure 3 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

		Amount in	100 grams	oreal	bie portion		Amount in e	dible portion	of common
			Num ber	•			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source Co	nfidence			
Nutrients and Un	its	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	_								
Water	-	1.00	0		4		0.88	0.28	0.18
Energy		557	0	NC	4		490	156	100
Energy		2329	0	NC	4		2049	652	419
Protein	=	6.60	0	0	4		5.81	1.85	1.19
Total lipid (fat)		33.40	0	0	4		29.39	9.35	6.01
Ash	-	1.60	0	0	4		1.41	0.45	0.29
Carbohydrate, by difference		57.40	0	NC	4		50.51	16.07	10.33
Fiber, total dietary		4.4	0	_	1		3.9	1.2	0.8
Sugars, total		1.41	0	0	4		1.24	0.39	0.25
Starch	g								
Minerals:									
Calcium, Ca	<u>mg</u>	124	0		4		109	35	22
Iron, Fe	-	1.70	0		4		1.50	0.48	0.31
Magnesium, Mg	mg	70	0		4		62	20	13
Phosphorus, P		184	0		4		162	52	33
Potassium, K	-	185	0		4		163	52	33
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	15	0		1		13	4	3
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.85	0		4		0.75	0.24	0.15
Copper, Cu		0.249	0		4		0.219	0.070	0.04
Manganese, Mn		4 -							
Selenium, Se	µg	6.7	0	BFZN	4		5.9	1.9	1.2
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	-	2.0	0		4		1.8	0.6	0.4
Thiamin	-	0.140	0		4		0.123	0.039	0.02
Riboflavin	-	0.160	0		4		0.141	0.045	0.02
Niacin	-	1.480	0		4		1.302	0.414	0.26
Pantothenic acid	-								
Vitamin B-6	-	0.210 7	0		4		0.185	0.059	0.03
Folate, total		•	0	_	4		6 0	2	1 0
Folic acid		0 7	0	Z	7 4		-	0 2	1
Folate, food		7	0	NC	4		6 6	2	1
Folate, DFE		18.1	0	FLA	4		15.9	5.1	3.3
Choline, totalBetaine		10.1	U	FLA	*		15.9	5.1	3.3
Vitamin B-12		0.00	0		4		0.00	0.00	0.00
Vitamin B-12, added		0.00	0	z	7		0.00	0.00	0.00
Vitamin A, RAE		4	0	NC	4		3	1	1
Retinol		0	0	Z	7		0	0	0
Carotene, beta		42	0	0	4		37	12	8
Carotene, alpha		0	0	Z	7		0	0	0
Cryptoxanthin, beta		0	0	Z	7		0	0	0
Vitamin A, IU		70	0	NC	4		62	20	13
Lycopene		0	0	Z	7		0	0	0
Lutein + zeaxanthin		212	0	0	4		187	59	38
Vitamin E (alpha-tocopherol)		1.36	0	0	4		1.20	0.38	0.24
Vitamin E, added		0.00	0	z	7		0.00	0.00	0.00
Tocopherol, beta			-						
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma	-								
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0	0.0	0.0
Vitamin D		0		Z	7		0	0	0
Vitamin K (phylloquinone)		33.6	0	0	4		29.6	9.4	6.0
Dihydrophylloquinone									
Menaquinone-4									

	<u>Am</u>	ount in 10	00 grams	of edi	Amount in edible portion of common				
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated	4.34		0		4		3.823	1.216	0.782
4:0g	0.00		0		4		0.000	0.000	0.000
6:0g	0.00		0		4		0.000	0.000	0.000
8:0g	0.00		0		4		0.000	0.000	0.000
10:0g	0.00		0		4		0.000	0.000	0.000
12:0g	0.00	0	0		4		0.000	0.000	0.000
13:0g									
14:0g	0.01	6	0		4		0.014	0.004	0.003
15:0g									
16:0g	2.93	8	0		4		2.585	0.823	0.529
17:0g									
18:0g	0.97	7	0		4		0.860	0.274	0.176
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	9.04	0	0		4		7.955	2.531	1.627
14:1g									
15:1g									
16:1 undifferentiatedg	0.02	5	0		4		0.022	0.007	0.005
17:1g									
18:1 undifferentiatedg	8.88		0		4		7.822	2.489	1.600
20:1g	0.11		0		4		0.104	0.033	0.021
22:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	17.09		0		4		15.042	4.786	3.077
18:2 undifferentiatedg	16.48		0		4		14.509	4.617	2.968
18:3 undifferentiatedg	0.59		0		4		0.525	0.167	0.107
18:4g	0.00	0	0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.00	0	0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00	0	0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0		7		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	NR	4		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 88g: 1 cup, crushed

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

Lipids:

		Am	ount in 10	u gram s	<u>on</u>	Amount in edible portion of common				
				Number					easures of fo	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.0	0	1		1		0.57		
Energy	_	510		0	NC	4		145		
Energy		2134				4		605		
Protein (N x 6.2)		5.8	0	1		1		1.64		
		26.9		1		1		7.63		
Total lipid (fat)										
Ash		2.3		1		1		0.65		
Carbohydrate, by difference	g	62.9		0	NC	4		17.83		
Fiber, total dietary	g	1.1		0		4		0.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	3		1		4		1		
Iron, Fe	-	2.5	4	1		1		0.72		
		11	4	1		1				
Magnesium, Mg								3		
Phosphorus, P		44		1		1		12		
Potassium, K	-	81		1		1		23		
Sodium, Na		1022		1		1		290		
Zinc, Zn		0.2		1		1		0.06		
Copper, Cu		0.0		1		1		0.011		
Manganese, Mn	mg	0.0	87	1		4		0.025		
Selenium, Se	µg	3.8		0	FLM	4		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	-	0.3	20	1		1		0.091		
Riboflavin	-	0.2		1		1		0.068		
Niacin	-	1.4		1		1		0.400		
Pantothenic acid	-	0.2		1		4		0.064		
Vitamin B-6	-	0.2		1		1		0.011		
	-	3	40	1		4		1		
Folate, total		0			_	7				
Folic acid				0	Z			0		
Folate, food		3		1		4		1		
Folate, DFE	µg	3		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.0	0	1		4		0.00		
Vitamin A, RAE	µg	16		0	NC	4		5		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	hd									
Cryptoxanthin, beta										
Vitamin A, IU		318		1		4		90		
Lycopene				_		=		- -		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg									
Vitamin D										
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4										

	Amo	ount in 100 grams	of edible portion	Amount in e	dible portion o	of common
		Numbei	•		easures of foc	
			Deriv Source Confide	nco		
		Std. Error Points				
Nutrients and Units	Mean	Std. Error Points	Code Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 22.7 50	0	1	6.450		
4:0	g					
6:0	g 0.160		1	0.045		
8:0	=		1	0.556		
10:0	•		1	0.445		
12:0	•) 1	1	3.311		
13:0	=		_			
14:0	=) 1	1	1.247		
15:0	-) 1	1	0 632		
16:0 17:0	=	, 1	1	0.632		
18:0	=) 1	1	0.210		
20:0	9	, -	-	0.210		
22:0	•					
24:0	=					
Fatty acids, total monounsaturated	-	0	1	0.482		
14:1						
15:1	=					
16:1 undifferentiated	g 0.000	1	1	0.000		
17:1	g					
18:1 undifferentiated	g 1.700	1	1	0.482		
20:1	g					
22:1 undifferentiated	g					
24:1 c						
Fatty acids, total polyunsaturated			1	0.221		
18:2 undifferentiated	=		1	0.221		
18:3 undifferentiated) 1	1	0.003		
18:4						
20:2 n-6 c,c						
20:3 undifferentiated						
20:4 undifferentiated 20:5 n-3 (EPA)						
20:5 II-5 (EPA)						
22:4	-					
22:5 n-3 (DPA)						
22:6 n-3 (DHA)						
Fatty acids, total trans						
Cholesterol		1	4	0		
Phytosterols	mg					
Amino Acids:						
Tryptophan	q 0.041	L 0	1	0.012		
Threonine	•		1	0.062		
Isoleucine	•	·	1	0.059		
Leucine	•		- 1	0.203		
Lysine	•		1	0.046		
Methionine		2 0	1	0.035		
Cystine	=	5 0	1	0.030		
Phenylalanine	g 0.28	5 0	1	0.081		
Tyrosine	=	7 0	1	0.067		
Valine	=	5 0	1	0.084		
Arginine	g 0.290	0	1	0.082		
Histidine	g 0.178	3 0	1	0.050		
Alanine	g 0.43	7 0	1	0.124		
Aspartic acid			1	0.115		
Glutamic acid			1	0.310		
Glycine			1	0.068		
Proline	=		1	0.144		
Serine	=	7 0	1	0.079		
Hydroxyproline	9					

NDB No. 19005

Snacks, corn-based, extruded, cones, plain

Common Measures: Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>Am ou</u>	nt in 100 gr	rams	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			Nur	nbei	•			m	easures of fo	od	
						Source (Confidence				
Nutrients and Un	nits	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates:	~	2.00	0.078	1.5		1		0.57	1.14		
Water		499	0.078	0	NC	4		142	285		
Energy		2089		0	NC	4		592	285 1191		
Energy			0.166	-	NC	1					
Protein (N x 6.2)		7.70				1		2.18	4.39		
Total lipid (fat)		22.60	0.219	15 15		1		6.41	12.88		
Ash	_	2.60	0.076		17.0			0.74	1.48		
Carbohydrate, by difference		65.10		0	NC	4		18.46	37.11		
Fiber, total dietary		3.9		0	_	4		1.1	2.2		
Sugars, total		4.83		0	0	4		1.37	2.75		
Starch	g										
Minerals:											
Calcium, Ca	_	29	1.162			1		8	17		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.72	0.490			1		1.05	2.12		
Magnesium, Mg	_	28	2.116			1		8	16		
Phosphorus, P		72 143	7.292			1 1		20 41	41 82		
Potassium, KSodium, Na	•	950	4.997	0	LC	8		269	542		
Zinc, Zn	_	0.33	0.024		шС	1		0.09	0.19		
Copper, Cu		0.118	0.024			1		0.03	0.19		
Manganese, Mn	_	0.202	0.023	12		1		0.057	0.115		
Selenium. Se		10.6		0	FLM	4		3.0	6.0		
,		10.0		Ū		-		3.0	0.0		
Vitamins:						_					
Vitamin C, total ascorbic acid	_	1.8	1.790	4		1		0.5	1.0		
Thiamin	_	0.220	0.011			1		0.062	0.125		
Riboflavin	_	0.310	0.023			1		0.088	0.177		
Niacin	_	3.180	0.251			1		0.902	1.813		
Pantothenic acid		0.262		1		4		0.074	0.149		
Vitamin B-6	_	0.148	0.007			1		0.042	0.084		
Folate, total		110		1	MA	12 4		31	63		
Folic acid	· -	94		0	NC	4		27 5	54 9		
Folate, food		16 176		0	wa	4					
Folate, DFE				0	NC NR	4		50	100		
Choline, total	_	21.3		U	NR	4		6.0	12.2		
Betaine	•	0.00		1		4		0.00	0.00		
Vitamin B-12, added		0.00		0	z	7		0.00	0.00		
Vitamin A, RAE		8		0	NC	4		2	4		
Retinol		2		0	BNA	4		1	1		
Carotene, beta		51		0	BNA	4		15	29		
Carotene, alpha		33		0	BNA	4		9	19		
Cryptoxanthin, beta		0		0	BNA	4		0	0		
Vitamin A, IU		120		0	NC	4		34	68		
Lycopene		0		0	FLA	4		0	0		
Lutein + zeaxanthin		879		0	FLA	4		249	501		
Vitamin E (alpha-tocopherol)		2.69		0	FLA	4		0.76	1.54		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta	_			-	_	•					
Tocopherol, gamma	_										
Tocopherol, delta											
Tocotrienol, alpha	_										
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		5.1		0	FLA	4		1.5	2.9		
Dihydrophylloquinone											
Menaquinone-4											
1											

	<u>A</u>	mount in 10	00 grams	of edi	ble portion	<u>n</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	.g 4.	340	0		1		1.230	2.474	
4:0	•	020	3		1		0.006	0.011	
6:0		000	0		1		0.000	0.000	
8:0	•	000	0		1 1		0.000	0.000	
10:0 12:0	-	040	3		1		0.000 0.011	0.000 0.023	
13:0	-	010	,		-		0.011	0.023	
14:0	-	160	3		1		0.045	0.091	
15:0	.g								
16:0	.g 2.	800	3		1		0.794	1.596	
17:0	-								
18:0	.0	310	3		1		0.371	0.747	
20:0 22:0	-								
24:0	-								
Fatty acids, total monounsaturated		360	0		1		3.788	7.615	
14:1	-								
15:1	.9								
16:1 undifferentiated		080	3		1		0.023	0.046	
17:1		270	2		1		2 760	B 564	
18:1 undifferentiated 20:1		270 000	3 0		1 1		3.762 0.000	7.564 0.000	
22:1 undifferentiated		000	0		1		0.000	0.000	
24:1 c	•	000	·		-		0.000	0.000	
Fatty acids, total polyunsaturated	-	140	0		1		0.890	1.790	
18:2 undifferentiated	g 3.	010	3		1		0.853	1.716	
18:3 undifferentiated	g 0.	130	3		1		0.037	0.074	
18:4	-	000	0		1		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated 20:4 undifferentiated		000	0		1		0.000	0.000	
20:5 n-3 (EPA)		000	0		1		0.000	0.000	
21:5	-		-		_		0.000	0.000	
22:4	-								
22:5 n-3 (DPA)	.g 0.	000	0		1		0.000	0.000	
22:6 n-3 (DHA)		000	0		1		0.000	0.000	
Fatty acids, total trans							•	•	
CholesterolPhytosterols	-		1		4		0	0	
	iiig								
Amino Acids:									
Tryptophan		059	0		1		0.017	0.034	
Threonine		288 284	0		1 1		0.082 0.081	0.164 0.162	
IsoleucineLeucine		906	0		1		0.257	0.162	
Lysine.		241	0		1		0.068	0.137	
Methionine		154	0		1		0.044	0.088	
Cystine	.g 0.	134	0		1		0.038	0.076	
Phenylalanine		378	0		1		0.107	0.215	
Tyrosine		310	0		1		0.088	0.177	
Valine		386	0		1 1		0.109	0.220	
Arginine Histidine	.0	402 232	0		1		0.114 0.066	0.229 0.132	
Alanine		548	0		1		0.155	0.312	
Aspartic acid		570	0		1		0.162	0.325	
Glutamic acid		445	0		1		0.410	0.824	
Glycine		314	0		1		0.089	0.179	
Proline		646	0		1		0.183	0.368	
Serine		369	0		1		0.105	0.210	
Hydroxyproline	9								
Others:									
Alcohol, ethyl	-	0	0		7		0.0	0.0	
Caffeine	mg 0		0	Z	7		0	0	

NDB No. 19007

Snacks, corn-based, extruded, onion-flavor

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.5 Fat 8.8 Carbohydrate 4.2

Food Group: 25 Snacks

Refuse:0%

		Amou	nt in 100 gr	ams	of edi	<u>on</u>	Amount in edible portion of common			
			Nun	nber	•				easures of fo	
			of	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure
Proximates: Water	a	1.57	0.050	12	A	1		0.44	0.55	
Energy	-	560	0.030	0	NR.	4		159	196	
Energy		2343		0	NR NR	4		664	820	
		5.85	0.058		A	1		1.66	2.05	
Protein (N x 6.3)		36.01	0.036	12	A	1		10.21	12.60	
Total lipid (fat)		3.04	0.286	12	A	1		0.86	1.06	
Ash	-	53.53	0.096	0	NC	4		15.18	18.74	
Carbohydrate, by difference		1.4		2	A.	1		0.4		
Fiber, total dietary		3.19	0.189	6		1		0.90	0.5	
Sugars, total		0.00	0.000	6	A A	1		0.90	1.12 0.00	
Sucrose						1				
Glucose (dextrose)		0.00	0.000	6	A	1		0.00	0.00	
Fructose	9	0.00	0.000	6	A			0.00	0.00	
Lactose		3.19	0.189	6	A	1		0.90	1.12	
Maltose	9	0.00	0.000	6	A	1		0.00	0.00	
Galactose		0.00	0.000	6	A	1		0.00	0.00	
Starch	g	46.80		2	A	1		13.27	16.38	
Minerals:										
Calcium, Ca	-	56	1.872		A	1		16	19	
Iron, Fe		2.53	0.256	12	A	1		0.72	0.89	
Magnesium, Mg		17	0.530	12	A	1		5	6	
Phosphorus, P		133	3.859	12	A	1		38	47	
Potassium, K	_	182	4.439	12	A	1		52	64	
Sodium, Na	-	942			A	1		267	330	
Zinc, Zn		0.40	0.008	12 12	A A	1 1		0.11	0.14	
Copper, Cu		0.032 0.058	0.001		A	1		0.009 0.017	0.011 0.020	
Manganese, Mn		8.1	0.002	2	A	1		2.3	2.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0	
Thiamin	_	0.160	0.012	5	A	1		0.045	0.056	
Riboflavin	_	0.159	0.012	5	A	1		0.045	0.056	
Niacin	_	4.706	1.509	5	A	1		1.334	1.647	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.980	0.045	5	A	1		0.278	0.343	
Vitamin B-6		0.079	0.006	5	A	1		0.022	0.028	
Folate, total	_	57	0.000	0	FLA	4		16	20	
Folic acid		46		0	FLA	4		13	16	
Folate, food		11		0	FLA	4		3	4	
Folate, DFE	1.1	89		0	NC	4		25	31	
Choline, total		11.6		0	AS	1		3.3	4.1	
Betaine		0.5		2	A	1		0.2	0.2	
Vitamin B-12	_	0.48	0.015	4	A	1		0.14	0.17	
Vitamin B-12, added		0.00	0.025	0	FLA	4		0.00	0.00	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Carotene, beta		0		1	A	1		0	0	
Carotene, alpha		0		1	A	1		0	0	
Cryptoxanthin, beta		0		1	A	1		0	0	
Vitamin A, IU		0		0	AS	1		0	0	
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		2		0	FLA	4		0	1	
Vitamin E (alpha-tocopherol)		4.18		0	FLA	4		1.18	1.46	
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta		0.01		0	FLA	4		0.00	0.00	
Tocopherol, gamma		0.18		0	FLA	4		0.05	0.06	
Tocopherol, delta		0.01		0	FLA	4		0.00	0.00	
Tocotrienol, alpha		0.14		0	FLA	4		0.04	0.05	
Tocotrienol, beta		0.00		0	FLA	4		0.00	0.00	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.18 0 0.05 0.06 Tocotrienol, gamma.....mg FLA 4 0.00 FLA Tocotrienol, delta.....g 0 4 0.00 0.00 Vitamin D (D2 + D3)......µg 0.1 NR 4 0.0 0.0 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U 2 0 FLA 1 4 Vitamin K (phylloquinone)......µg 1.3 1 A 1 0.4 0.5 Dihydrophylloquinone.....µg 5.3 1 Α 1 1.5 1.9 Menaquinone-4.....µg 0.0 2 A 1 0.0 0.0 Lipids: Fatty acids, total saturated......g 5.360 0 NC 4 1.520 1.876 0.025 0.002 1 4:0.....g 6 Α 0.007 0.009 0.017 0.002 0.006 6:0.....g 6 Α 1 0.005 0.002 0.022 6 0.006 0.008 Α 1 0.053 0.003 10:0.....g 6 Α 1 0.015 0.019 0.004 6 0.040 Α 1 0.011 0.014 12:0.....g 13:0.....g 0.000 FLA 4 0.000 0.000 0.140 0.011 0.049 6 1 0.040 14:0.....g А 15:0.....g 0.012 0.002 6 Α 1 0.003 0.004 4.030 0.061 6 Α 1 1.143 1.411 16:0.....g 0.027 0.002 6 Α 1 0.008 0.009 0.031 0.815 6 18·0 Α 1 0.231 0.285 0.130 0.003 0.037 0.046 20:0.....g 1 0.000 0.000 6 Α 0.000 22:0......g 1 0.000 0.050 0.000 6 А 1 0.014 0.018 Fatty acids total monounsaturated Q 10.052 NC 4 2.850 3.518 0.010 0.000 6 Α 1 0.003 0.003 14:1.....g 0.000 0.000 6 А 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.059 AS 1 0.017 0.021 0.053 0.002 0.015 0.019 16:1 c.....g 6 Α 1 0.005 0.001 6 A 1 0.002 0.002 16:1 t.....g 0.010 0.000 6 1 17:1.....g А 0.003 0.004 18:1 undifferentiated......g 9.802 0 AS 1 2.779 3.431 9.527 0.125 2.701 18:1 c.....g 6 Α 1 3.334 0.275 0.046 6 А 1 0.078 0.096 18:1 t.....g 18:1-11 t (18:1t n-7)......g 0.112 0.002 6 20:1.....g Α 1 0.032 0.039 22:1 undifferentiated.....g 0.005 0.001 0.002 AS 1 0.000 22:1 c.....g 0.005 6 Α 1 0.001 0.002 0.000 0.000 A 1 0.000 0.000 22:1 t......g 0.000 0.000 6 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......Q 17.821 NC 5.052 6.237 18:2 undifferentiated......g 17.449 0 AS 1 4.947 6.107 0.287 18:2 n-6 c,c....g 17.143 6 А 1 4.860 6.000 18:2 CLAs......g 0.012 0.002 6 Α 1 0.003 0.004 0.192 0.008 13 1 0.054 0.067 18:2 t.t.....g Α 18:2 i.....g 0.102 0.005 6 1 18:2 t not further defined.....g Α 0.029 0.036 0.321 0.091 18:3 undifferentiated......g 0 AS 1 0.112 18:3 n-3 c,c,c (ALA)......g 0.312 0.009 Α 1 0.088 0.109 0.010 0.000 6 1 0.003 0.003 18:3 n-6 c,c,c.....g Α 18:3i......g 0.000 0.000 6 1 0.000 0.000 Α 18:4.....g 20:2 n-6 c,c.....g 0.008 0.000 6 Α 1 0.002 0.003 0.042 0 0.012 0.015 AS 1 20:3 undifferentiated......g 0.000 0.000 6 A 1 0.000 0.000 20:3 n-3.....g 0.002 0.001 6 1 0.001 0.001 20:3 n-6.....g Α 0.001 0.001 6 1 0.000 0.000 20:4 undifferentiated......g Α 20:4 n-6.....g 0.000 0.000 6 А 1 0.000 0.000 0.000 0 FLA 4 0.000 0.000 21:5.....g 0.000 0.000 6 1 0.000 0.000 22:4.....g Α 22:5 n-3 (DPA)......g 0.000 0.000 6 А 1 0.000 0.000

	<u>Am oun</u>	tin 100 gra Num		Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std.	of D Error Poi			e Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000		A 1		0.000	0.000	
Fatty acids, total transg	0.574			C 4		0.163	0.201	
Fatty acids, total trans-monoenoicg	0.280			C 4		0.079	0.098	
Fatty acids, total trans-polyenoicg	0.294			C 4		0.083	0.103	
Cholesterolmg	7		-	R 4		2	2	
Phytosterolsmg	276		0 F	LA 4		78	97	
Amino Acids:								
Tryptophang	0.072		0 F	LA 4		0.021	0.025	
Threonineg	0.223		0 F	LA 4		0.063	0.078	
Isoleucineg	0.369		0 F	LA 4		0.105	0.129	
Leucineg	0.777		0 F	LA 4		0.220	0.272	
Lysineg	0.424		0 F	LA 4		0.120	0.148	
Methionineg	0.176		0 F	LA 4		0.050	0.061	
Cystineg	0.076		0 F	LA 4		0.021	0.026	
Phenylalanineg	0.366		0 F	LA 4		0.104	0.128	
Tyrosineg	0.288		0 F	LA 4		0.082	0.101	
Valineg	0.423		0 F	LA 4		0.120	0.148	
Arginineg	0.256		0 F	LA 4		0.073	0.090	
Histidine	0.221		0 F	LA 4		0.063	0.077	
Alanineg	0.315		0 F	LA 4		0.089	0.110	
Aspartic acidg	0.453		0 F	LA 4		0.129	0.159	
Glutamic acidg	1.619		0 F	LA 4		0.459	0.567	
Glycineg	0.152		0 F	LA 4		0.043	0.053	
Prolineg	0.770		0 F	LA 4		0.218	0.269	
Serineg	0.385		0 F	LA 4		0.109	0.135	
Hydroxyprolineg	0.000		2	1		0.000	0.000	
Others:								
Alcohol, ethylg	0.0		0 F	LA 4		0.0	0.0	
Caffeineg	0		-	LA 4		0	0	
Theobrominemg	0		-	LA 4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 35g: 1 package 1.25 oz

Footnotes

1 Product made with oil that is not partially hydrogenated.

Calories Factors: Protein 4 Fat 8.8 Carbohydrate4.1

Food Group: 25 Snacks

		<u>Am</u>	ount in 100	gram	s of edi	ble porti	<u>ion</u>	Amount in edible portion of common			
				lum be	r				easures of fo		
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	1.50	0.1	20 6	A	1		0.43	3.40		
Energy		558	, 0.1	20 0	NC	4		158	1267		
Energy		2336		0	NC	4		662	5302		
Protein (N x 6.3)		5.76	5 0.4		A	1		1.63	13.08		
Total lipid (fat)		35.76			A	1		10.14	81.16		
Ash		2.89			A	1		0.82	6.56		
Carbohydrate, by difference	-	54.10		0	NC	4		15.34	122.80		
Fiber, total dietary		2.2	0.3		A	1		0.6	4.9		
Sugars, total		2.76			A	1		0.78	6.26		
•		2.70	0.1	33 0	A	_		0.78	0.20		
Sucrose		0.15	5 0.0	75 6	A	1		0.04	0.34		
Glucose (dextrose)		0.1.	0.0	75 0	A	_		0.01	0.31		
Fructose		2.12	2 0.1	85 6	A	1		0.60	4.81		
Lactose		2.12	2 0.1	00 0	A	_		0.00	4.01		
Maltose		0.03	7 0 0	00 6	A	1		0.02	0.17		
Galactose		0.0	0.0	00 6	A			0.02	0.17		
Minerals:											
Calcium, Ca	mg	58	2.0	07 6	A	1		16	132		
Iron, Fe	-	1.10		1		1		0.31	2.50		
Magnesium, Mg		20	0.4	49 6	A	1		6	46		
Phosphorus, P	mg	108	2.6	60 151		1		31	245		
Potassium, K		197	9.3	61 6	A	1		56	447		
Sodium, Na	mg	896		0	0	4		254	2034		
Zinc, Zn	<u>mg</u>	0.60	0.0	21 6	A	1		0.17	1.36		
Copper, Cu	mg	0.06	53 0.0	06 79		1		0.018	0.143		
Manganese, Mn		0.09	95 0.0		A	1		0.027	0.215		
Selenium, Se	µg	3.0		0	BFZN	4		0.9	6.8		
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		1	A	1		0.0	0.0		
Thiamin	-	0.15			A	1		0.044	0.352		
Riboflavin	-	0.20		0	_	1		0.057	0.454		
Niacin		5.74			A	1		1.628	13.037		
Pantothenic acid	•	0.37			А	1 1		0.106 0.018	0.849		
Vitamin B-6		120	0.0	10 3	А	1		34	0.146 272		
Folic acid		86		0	0	4		34 24	195		
Folate, food		34		0	0	4		10	195 77		
Folate, DFE		180		0	NC	4		51	409		
Choline, total		100		Ū	NC	-		31	103		
Betaine											
Vitamin B-12	-	0.48	2	1	A	1		0.14	1.09		
Vitamin A, RAE		0		1	AS	1		0	0		
Retinol		·		_		_		· ·	Ü		
Carotene, beta		0		1	A	1		0	0		
Carotene, alpha		0		1	A	1		0	0		
Cryptoxanthin, beta		0		1	A	1		0	0		
Vitamin A, IU	1. 7	0		1	AS	1		0	0		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)		5.12	2	0	0	4		1.45	11.62		
Vitamin E, added		0.00)	0	0	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	mg										

	Amount in 100 grams of edible port			ble portion	Amount in edible portion of common			
			Number			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)	0.0		0	z z	7 7	0.0	0.0	
Vitamin D	36.1		2	A	1	0 10.2	0 81.8	
Dihydrophylloquinone	5.3		1	A	1	1.5	12.0	
Lipids:								
Fatty acids, total saturatedg	5.5	12	0	NC	4	1.563	12.511	
4:0g	0.0		3		1	0.009	0.068	
6:0g	0.0	00	0		1	0.000	0.000	
8:0g	0.0	00	2	A	1	0.000	0.000	
10:0g	0.0	38	2	A	1	0.011	0.086	
12:0g	0.0	45	2	A	1	0.013	0.102	
13:0g								
14:0g	0.1		2	A	1	0.045	0.358	
15:0g	0.0		2	A	1	0.000	0.000	
16:0g	4.1		2	A	1	1.172	9.384	
17:0g	0.0		2	A	1	0.000	0.000	
18:0g	0.9		2	A	1	0.268	2.150	
20:0g	0.1		2	A	1	0.040	0.321	
22:0g	0.0	49	2	A	1	0.014	0.111	
24:0g								
Fatty acids, total monounsaturatedg	10.4		0	NC	4	2.959	23.692	
14:1g	0.0		2 2	A	1 1	0.000	0.000	
15:1g	0.0		2	A A	1	0.000	0.000	
16:1 undifferentiatedg	0.0		2	A	1	0.016	0.126	
17:1g	9.6		2	A	1	0.000 2.748	0.000 22.004	
18:1 undifferentiated	9.0	93	2	A	1	2.740	22.004	
18:1 tg	0.6	08	2	A	1	0.172	1.380	
18:1-11 t (18:1t n-7)g	0.0		-		-	0.172	1.500	
20:1g	0.0	80	2	A	1	0.023	0.182	
22:1 undifferentiatedg	0.0		0		1	0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	18.6	49	0	NC	4	5.287	42.334	
18:2 undifferentiated	18.1	51	2	A	1	5.146	41.202	
18:2 n-6 c,cg								
18:2 CLAsg								
18:2 t,tg	0.1	98	2	A	1	0.056	0.450	
18:2 ig								
18:2 t not further defined								
18:3 undifferentiatedg	0.3	00	0	AS	1	0.085	0.682	
18:3 n-3 c,c,c (ALA)g	0.3	00	2	A	1	0.085	0.682	
18:3 n-6 c,c,cg	0.0	00	2	A	1	0.000	0.000	
18:3ig								
18:4g	0.0		0		1	0.000	0.000	
20:2 n-6 c,cg	0.0		2	A	1	0.000	0.000	
20:3 undifferentiatedg	0.0	00	2	A	1	0.000	0.000	
20:3 n-3g								
20:3 n-6g								
20:4 undifferentiatedg	0.0	00	2	A	1	0.000	0.000	
20:4 n-6g								
20:5 n-3 (EPA)g	0.0	00	0		1	0.000	0.000	
21:5g								
22:4g		00	_					
22:5 n-3 (DPA)g	0.0		0		1	0.000	0.000	
22:6 n-3 (DHA)g	0.0		0		1	0.000	0.000	
Fatty acids, total transg	0.8		0	NC	4	0.229	1.831	
Fatty acids, total trans-monoenoicg	0.6		0	NC	4	0.172	1.380	
Fatty acids, total trans-polyenoicg	0.1		172 63	NC	4 1	0.056	0.450	
Cholesterol mg	4	0.	172 63		1	1	9	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.0	94	0		1	0.027	0.213	

	Amount in 1	00 grams Number		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Erro	of Data		Source Confi Code Co	dence ode Measure 1	Measure 2	Measure 3
Threonineg	0.391	0		1	0.111	. 0.888	
Isoleucineg	0.366	0		1	0.104	0.831	
Leucineg	0.783	0		1	0.222	1.777	
Lysineg	0.456	0		1	0.129	1.035	
Methionineg	0.151	0		1	0.043	0.343	
Cystineg	0.138	0		1	0.039	0.313	
Phenylalanineg	0.299	0		1	0.085	0.679	
Tyrosineg	0.258	0		1	0.073	0.586	
Valineg	0.404	0		1	0.115	0.917	
Arginineg	0.283	0		1	0.080	0.642	
Histidineg	0.181	0		1	0.051	0.411	
Alanineg	0.424	0		1	0.120	0.962	
Aspartic acidg	0.645	0		1	0.183	1.464	
Glutamic acidg	1.387	0		1	0.393	3.148	
Glycineg	0.217	0		1	0.062	0.493	
Prolineg	0.558	0		1	0.158	1.267	
Serineg	0.367	0		1	0.104	0.833	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	Z	7	0.0	0.0	
Caffeinemg	0	0	Z	7	0	0	
Theobrominemg	0	0	Z	7	0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 4 Fat 8.8 Carbohydrate 4.1

Food Group: 25 Snacks

Refuse:0%

Lipids:

		<u>Am our</u>		of edi	ble portio	<u>n</u>		edible portion easures of foo		
Nutrients and U	Inits	Mean Std				Source (Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.60	0.138	4		1		0.45	0.91	
Energy	kcal	436		0	NC	4		124	249	
Energy	kJ	1824		0		4		517	1040	
Protein (N x 6.2)	g	9.00	0.199	4		1		2.55	5.13	
Total lipid (fat)		14.30	1.038	4		1		4.05	8.15	
Ash		3.40	0.204	4		1		0.96	1.94	
Carbohydrate, by difference	-	71.70		0	NC	4		20.33	40.87	
Fiber, total dietary		8.4		0		1		2.4	4.8	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	ma	17	1.796	4		1		5	10	
Iron, Fe	_	1.70	0.019	4		1		0.48	0.97	
Magnesium, Mg	_	109	4.796	4		1		31	62	
Phosphorus, P		283	10.570	4		1		80	161	
Potassium, K		286	14.320	4		1		81	163	
Sodium, Na	_	600		0	LC	8		170	342	
Zinc. Zn	-	1.88	0.211	4		1		0.53	1.07	
Copper, Cu		0.136	0.005	4		1		0.039	0.078	
Manganese, Mn		0.487	0.029	4		1		0.138	0.278	
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		1		4		0.1	0.2	
Thiamin	-	0.350		1		4		0.099	0.200	
Riboflavin		0.142		1		4		0.040	0.081	
Niacin	-	1.507	0.042	4		1		0.427	0.859	
Pantothenic acid		0.374		1		4		0.106	0.213	
Vitamin B-6	_	0.187	0.011	4		1		0.053	0.107	
Folate, total	_	0	0.001	3		1		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0	0.001	3		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Choline, total										
Betaine	-									
Vitamin B-12	_	0.00		1		1		0.00	0.00	
Vitamin A, RAE		17		0	NC	4		5	10	
Retinol		0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta										
Vitamin A, IU		338		1		4		96	193	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	pg									
Menaquinone-4	µg									

	<u>Ar</u>	nount ii	n 100 grams Number	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. E	of Data rror Points	 	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 2.!	90	0	1		0.731	1.471	
4:0	9	.00	ŭ	-		0.731	1.1/1	
6:0	-							
8:0	_							
10:0	•							
12:0								
13:0	-							
14:0	-	30	1	1		0.009	0.017	
15:0	-							
16:0	•	00	1	1		0.454	0.912	
17:0	g							
18:0	g 0.9	50	1	1		0.269	0.542	
20:0	g							
22:0	g							
24:0								
Fatty acids, total monounsaturated	g 7.3	60	0	1		2.087	4.195	
14:1	g							
15:1	g							
16:1 undifferentiated	g 0.0	10	1	1		0.003	0.006	
17:1	-							
18:1 undifferentiated	•	40	1	1		2.081	4.184	
20:1	•							
22:1 undifferentiated								
24:1 c								
Fatty acids, total polyunsaturated			0	1		0.913	1.835	
18:2 undifferentiated	-		1	1		0.899	1.807	
18:3 undifferentiated	-	50	1	1		0.014	0.029	
18:4	-							
20:2 n-6 c,c	-							
20:3 undifferentiated	-							
20:4 undifferentiated	•							
20:5 n-3 (EPA)	•							
21:5	•							
22:4	•							
22:5 n-3 (DPA)	•							
22:6 n-3 (DHA)	-							
Cholesterol			1	4		0	0	
Phytosterols	•		_	-		· ·	Ü	
1 11y 105101015	··· ອ							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.7 Fat 8.7 Carbohydrate4

Food Group: 25 Snacks

		<u>An</u>	ount in 1	100 grams		ble portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of fo	<u>5a</u>
							Confidence			
Nutrients and Un	its	Mean	Std. Erre	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	6.7	0	1		1		1.88		
Energy	-	458		0	NC	4		128		
Energy		1916		0		4		537		
Protein (N x 5.6)		7.0	0	1		1		1.96		
Total lipid (fat)		20.4		1		1		5.71		
1 ' '	_	1.4		1		1		0.39		
Ash		64.6		0	NC	4				
Carbohydrate, by difference				0	NC	1		18.09		
Fiber, total dietary		3.6		U		_		1.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	74		1		1		21		
Iron, Fe		6.3	5	1		1		1.78		
Magnesium, Mg		71		1		1		20		
Phosphorus, P		167		1		1		47		
Potassium, K	_	229		1		1		64		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	234		1		1		66		
Zinc, Zn		5.2		1		1		1.48		
Copper, Cu		0.2		1		1		0.069		
Manganese, Mn	_	1.6	01	1		4		0.448		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.5		1		4		3.2		
Thiamin	mg	1.3	23	1		1		0.370		
Riboflavin	mg	1.4		1		1		0.420		
Niacin	_	17.6		1		1		4.938		
Pantothenic acid		0.5		1		4		0.156		
Vitamin B-6	_	1.7	64	1		1		0.494		
Folate, total		0		1		1		0		
Folic acid		_		_		_				
Folate, food		0		1		1		0		
Folate, DFE										
Choline, total										
Betaine	_		^					0.00		
Vitamin B-12		0.0	U	1		4		0.00		
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta Vitamin A, IU		2645		1		1		741		
		2043		_				741		
LycopeneLutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	_									
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
Lipids:										
Fatty acids, total saturated	а	3.7	70	0		1				
1 any acius, ioiai saturateu	9	3.7	. •	U		_				

	<u>An</u>	Amount in 100 grams of edible portion						Amount in edible portion of common			
			Number				me	easures of foo	<u>d</u>		
					Source C	Confidence					
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated		70			1		1.056				
4:0	-	00	-		-						
6:0	_		1 1		1 1		0.000 0.008				
8:0 10:0	-		1		1		0.008				
12:0	•		1		1		0.056				
13:0			_		-		0.050				
14:0		20	1		1		0.034				
15:0											
16:0	g 2.6	00	1		1		0.728				
17:0	-										
18:0	-	80	1		1		0.218				
20:0	-										
22:0	-										
Fatty acids, total monounsaturated	=	00	0		1		2.100				
14:1	=	00	U		-		2.100				
15:1	_										
16:1 undifferentiated	-	20	1		1		0.006				
17:1	g										
18:1 undifferentiated	g 7.3	60	1		1		2.061				
20:1	-	10	1		1		0.031				
22:1 undifferentiated	-										
24:1 c											
Fatty acids, total polyunsaturated			0 1		1 1		2.164				
18:2 undifferentiated			1		1		2.066 0.087				
18:4	-	10	_		1		0.087				
20:2 n-6 c.c.	-										
20:3 undifferentiated	-										
20:4 undifferentiated	-	30	1		1		0.008				
20:5 n-3 (EPA)	g										
21:5	g										
22:4	-										
22:5 n-3 (DPA)	-										
22:6 n-3 (DHA)	-										
Fatty acids, total trans			1		4		0				
Phytosterols	-		-		-		U				
•	···g										
Amino Acids:	~ 0.1		•				0.000				
Tryptophan Threonine			0 0		1 1		0.028 0.065				
I hreonine	•		0		1		0.065				
Leucine	•		0		1		0.142				
Lysine	•		0		1		0.069				
Methionine		11	0		1		0.031				
Cystine	=	36	0		1		0.038				
Phenylalanine	g 0.3	53	0		1		0.099				
Tyrosine	g 0.2	48	0		1		0.069				
Valine	-		0		1		0.100				
Arginine			0		1		0.174				
Histidine	-		0		1		0.046				
Alanine	•		0		1		0.093				
Aspartic acid			0 0		1 1		0.181				
Glutamic acid			0		1		0.441 0.097				
GlycineProline	•		0		1		0.104				
Serine	•		0		1		0.085				
Hydroxyproline	•		•		_						
, o, p. o	<u> </u>										

NDB No. 19403

Snacks, crisped rice bar, almond

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate4

Food Group: 25 Snacks

Lipids:

		<u>Am</u>	ount in 10	0 grams	of edil	ble portion	<u>n</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source C	onfidence				
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nutrients and on	11.5	Wican	Stu. Li Toi					Wicasure	Weasure 2	Wicasuic	
Proximates:											
Water	g	7.0	0	1		1		1.96			
Energy	kcal	404		0		4		113			
Energy	kJ	1690				4		473			
Protein (N x 5.8)	g	5.1	0	2		1		1.43			
Total lipid (fat)	g	13.5	0	2		1		3.78			
Ash	g	1.3	0	1		1		0.36			
Carbohydrate, by difference	g	73.0	0	0	NC	4		20.44			
Fiber, total dietary		2.2		0		1		0.6			
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	<u>mg</u>	21		2		1		6			
Iron, Fe	mg	6.3	0	2		1		1.76			
Magnesium, Mg	mg	48		2		1		13			
Phosphorus, P	<u>m</u> g	134		2		1		38			
Potassium, K	mg	168		2		1		47			
Sodium, Na	<u>mg</u>	278		1		1		78			
Zinc, Zn	mg	0.8	6	1		1		0.24			
Copper, Cu	mg	0.3	10	2		1		0.087			
Manganese, Mn	mg	0.9	99	1		4		0.280			
Selenium, Se	µg	9.7		0	FLM	4		2.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0			
Thiamin	-	0.5		2		1		0.148			
Riboflavin		0.6		2		1		0.168			
Niacin	-	7.0		2		1		1.974			
Pantothenic acid	-	0.0		1		4		0.000			
Vitamin B-6	-	0.7		2		1		0.197			
Folate, total	-	140	05	1		1		39			
Folic acid		0		0	z	7		0			
Folate, food		140		1	_	1		39			
Folate, DFE		140		0	NC	4		39			
Choline, total		110		·	110	-		3,7			
Betaine	-										
Vitamin B-12		0.0	0	1		4		0.00			
Vitamin A, RAE		0.0	-	-		-		0.00			
Retinol											
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		1764		2		1		494			
Lycopene				_		_		-			
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha	-										
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)	-										
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	<u>A</u>	mount in	100 grams	of edib	ole portion	Amount in e	Amount in edible portion of common			
			Number			<u>m</u>	measures of food			
Nutrients and Units	Mean	Std. Erre	of Data or Points		Source Confidenc Code Code	e Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated	.g 5.	240	0		1	1.467				
4:0										
6:0	=	010	2		1	0.003				
8:0	.0	080	2		1	0.022				
10:0 12:0.		060 460	2 2		1 1	0.017 0.129				
13:0	.0	100			-	0.123				
14:0	-	200	2		1	0.056				
15:0	-									
16:0	.g 2.	460	2		1	0.689				
17:0	-									
18:0	_	980	2		1	0.554				
20:0 22:0	-									
24:0	_									
Fatty acids, total monounsaturated	-	990	0		1	1.117				
14:1	.g									
15:1	-									
16:1 undifferentiated	_	030	2		1	0.008				
17:1 18:1 undifferentiated	-	970	2		1	1.112				
20:1	-	370	2		-	1.112				
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated	.g 3.	650	0		1	1.022				
18:2 undifferentiated		450	2		1	0.966				
18:3 undifferentiated		200	2		1	0.056				
18:4										
20:2 n-6 c,c										
20:3 undifferentiated 20:4 undifferentiated										
20:5 n-3 (EPA)										
21:5										
22:4	.g									
22:5 n-3 (DPA)										
22:6 n-3 (DHA)										
Fatty acids, total trans			1		4	0				
CholesterolPhytosterols			_		*	U				
ř	g									
Amino Acids:			_		_					
Tryptophan Threonine	.0	075 164	0		1 1	0.021 0.046				
Isoleucine		200	0		1	0.056				
Leucine	.0	390	0		1	0.109				
Lysine		201	0		1	0.056				
Methionine	.g 0.	102	0		1	0.029				
Cystine	.g 0.	121	0		1	0.034				
Phenylalanine	•	260	0		1	0.073				
Tyrosine		198	0		1	0.055				
Valine	•	287	0		1	0.080				
Arginine	. 0	389 116	0		1 1	0.109				
Histidine	-	116 263	0		1	0.032 0.074				
Alanine Aspartic acid	.0	459	0		1	0.129				
Glutamic acid	•	979	0		1	0.274				
Glycine	•	244	0		1	0.068				
Proline	•	253	0		1	0.071				
Serine	.g 0.	253	0		1	0.071				
Hydroxyproline	.g									

NDB No. 19010

Snacks, crisped rice bar, chocolate chip

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4 Fat 8.6 Carbohydrate 3.7

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	o gram s	oreal	ne porti	<u>on</u>		dible portion	
				Number	•			<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.2	0	0	BFZN	4		2.14	1.45	
Energy		373		0	BFZN	4		78	53	
Energy	kJ	1561		0		4		328	222	
Protein	g	0.1	0	0	BFZN	4		0.02	0.01	
Total lipid (fat)	g	3.5	0	0	BFZN	4		0.74	0.50	
Ash		1.0	0	0	BFZN	4		0.21	0.14	
Carbohydrate, by difference	g	85.2	0	0	BFZN	4		17.89	12.10	
Fiber, total dietary	g	3.5		0	BFZN	4		0.7	0.5	
Sugars, total	g									
Starch	g									
Minopola										
Minerals:	m a	10		^	DECT	4		4	2	
Calcium, Ca		18 0.7	5	0	BFZN	4		4 0.16	3 0.11	
Iron, FeMagnesium, Mg	-	14	5	0	BFZN BFZN	4 4		0.16	0.11	
0 , 0	-	14 24		0	BFZN BFZN	4		3 5	3	
Phosphorus, P Potassium, K		164		0	BFZN BFZN	4		34	23	
	-	317		0	BFZN	4		5 4 67	45	
Sodium, Na	-	0.1	0	0	BFZN	4		0.04	0.03	
Zinc, Zn	-	0.1		0	BFZN BFZN	4		0.04	0.03	
Copper, Cu		0.1	/1	U	BFZN	4		0.036	0.024	
Manganese, Mn Selenium, Se		3.2		0	BFZN	4		0.7	0.5	
Seienium, Se	µg	3.2		U	DF ZN	4		0.7	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	120.0		0	BFZN	4		25.2	17.0	
Thiamin	mg	0.0	43	0	BFZN	4		0.009	0.006	
Riboflavin	mg	0.1	00	0	BFZN	4		0.021	0.014	
Niacin	mg	0.1	00	0	BFZN	4		0.021	0.014	
Pantothenic acid	mg									
Vitamin B-6	mg	0.3	00	0	BFZN	4		0.063	0.043	
Folate, total	µg	14		0	BFZN	4		3	2	
Folic acid	µg									
Folate, food	µg	14		0	BFZN	4		3	2	
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.0	0	0	BFZN	4		0.00	0.00	
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta										
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	<u>IU</u>	116		0	BFZN	4		24	16	
Lycopene	µg									
Lutein + zeaxanthin	<u>µg</u>									
Vitamin E (alpha-tocopherol)	<u>m</u> g									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	~	0.9	00	0	BFZN	4				

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
			Number					easures or roc	<u>, u</u>
						Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	0.99	90		BFZN	4		0.208	0.141	
4:0g	0.00	00	0	Z	7		0.000	0.000	
6:0g	0.00	00	0	Z	7		0.000	0.000	
8:0g	0.00	02	0	BFZN	4		0.000	0.000	
10:0g	0.00	02	0	BFZN	4		0.000	0.000	
12:0	0.00	08	0	BFZN	4		0.002	0.001	
13:0g									
14:0g	0.0	23	0	BFZN	4		0.005	0.003	
15:0									
16:0g	0.63	L 4	0	BFZN	4		0.129	0.087	
17:0g									
18:0g	0.3	30	0	BFZN	4		0.069	0.047	
20:0g			•	22 211	-		0.005	***************************************	
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	1.7	24	0	BFZN	4		0.362	0.245	
14:1g	,,		Ū	21 211	-		0.302	0.243	
14.19 15:1									
16:1 undifferentiatedg	0.03	14	0	BFZN	4		0.003	0.002	
17:1g	0.0.		Ū	DI ZIN	-		0.005	0.002	
18:1 undifferentiatedg	1.70	13	0	BFZN	4		0.358	0.242	
20:1g	0.00		0	BFZN	4		0.001	0.001	
	0.00		0	Z	7		0.001	0.001	
22:1 undifferentiated	0.00	30	U	4	,		0.000	0.000	
	0.09	2	0	BFZN	4		0.020	0.013	
Fatty acids, total polyunsaturatedg	0.03		0	BFZN	4		0.020	0.013	
18:2 undifferentiatedg			0		4				
18:3 undifferentiatedg	0.0		-	BFZN			0.002	0.002	
18:4g	0.00	00	0	Z	7		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.00		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)g	0.00	00	0	Z	7		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)g	0.00	00	0	Z	7		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	BFZN	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg									
Theobrominemg									

Common Measures:

Measure 1 = 21g: 1 serving Measure 2 = 14.2g: 1 packet

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>An</u>	ount in 10	0 grams	of edi	ble portio	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.7	0	0	FLC	4		1.30			
Energy		487		1	NC	4		170			
Energy	kJ	2037		0	NC	4		713			
Protein (N x 6.25)	g	9.1	.4	1	NC	4		3.20			
Total lipid (fat)	g	22.8	6	1	NC	4		8.00			
Ash	g	2.7	6	0	FLC	4		0.96			
Carbohydrate, by difference	g	61.1	.4	1	NC	4		21.40			
Fiber, total dietary	g	2.9	1	1	NC	4		1.0			
Sugars, total	g	33.1	.4	1	NC	4		11.60			
Starch	g										
Minerals:											
Calcium, Ca	ma	57		1	NC	4		20			
Iron, Fe	-	1.4	.4	1	NC	4		0.50			
Magnesium, Mg	-	102		0	FLC	4		36			
Phosphorus, P		272		0	FLC	4		95			
Potassium, K		390		0	FLC	4		137			
Sodium, Na		414		1	FLC	4		145			
Zinc, Zn		1.7	7	0	FLC	4		0.62			
Copper, Cu	mg	0.3	39	0	FLC	4		0.119			
Manganese, Mn	mg	1.1	.57	0	FLC	4		0.405			
Selenium, Se	µg	10.0)	0	FLC	4		3.5			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.3		0	FLC	4		0.1			
Thiamin	-	0.3		0	FLC	4		0.125			
Riboflavin	-	0.5		0	FLC	4		0.185			
Niacin	-	3.4		0	FLC	4		1.194			
Pantothenic acid	-	0.6		0	FLC	4		0.225			
Vitamin B-6	-	0.3		0	FLC	4		0.112			
Folate, total	=	55		0	FLC	4		19			
Folic acid		33		0	FLC	4		12			
Folate, food		21		0	FLC	4		7			
Folate, DFE		78		0	NC	4		27			
Choline, total		49.1		0	FLC	4		17.2			
Betaine	mg	2.8	1	0	FLC	4		1.0			
Vitamin B-12	µg	0.2	:5	0	FLC	4		0.09			
Vitamin B-12, added	µg	0.0	0	0	FLC	4		0.00			
Vitamin A, RAE	µg	142		0	FLC	4		50			
Retinol	µg	142		0	FLC	4		50			
Carotene, beta	µg	0		0	FLC	4		0			
Carotene, alpha		0		0	FLC	4		0			
Cryptoxanthin, beta	µg	0		0	FLC	4		0			
Vitamin A, IU		473		0	FLC	4		165			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		9		0	FLC	4		3			
Vitamin E (alpha-tocopherol)		6.8		0	FLC	4		2.41			
Vitamin E, added		0.0		0	FLC	4		0.00			
Tocopherol, beta		0.1		0	FLC	4		0.04			
Tocopherol, gamma		1.9		0	FLC	4		0.68			
Tocopherol, delta		0.0 0.1		0	FLC FLC	4 4		0.03 0.06			
Tocotrienol, alpha		0.0		0	FLC	4		0.00			
Tocotrienol, beta		0.0		0	FLC	4		0.00			
Tocotrienol, gamma		0.0		0	FLC	4		0.00			
Tocotrienol, delta Vitamin D (D2 + D3)		0.0		0	AS	1		0.00			
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)		0.0		U	AD	-		0.0			
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)		0.0	1	0	FLC	4		0.0			
Vitamin D. (cholecalcheror)		0.0		0	FLC	4		0.0			
Vitamin K (phylloquinone)		11.7	,	0	FLC	4		4.1			

Nutrients and Units Nutrients Nu		<u>An</u>	nount in	100 grams	of edi	ble porti	<u>ion</u>	Amount in e	dible portion	of common
Nutrients and Units				Number						
Nutrients and Units						Source	Confidence			
	Nutrients and Units	Mean	Std. Er					Measure 1	Measure 2	Measure 3
Liptise:										
Fauly south, but surrance. 9 6.857 1 NC 4 0.002	Menaquinone-4	μg 0.0)	0	FLC	4		0.0		
Fauly south, but surrance. 9 6.857 1 NC 4 0.002	Lipids:									
Section		g 6. 8	357	1	NC	4		2.400		
8.0	4:0	g 0.0	006	0	FLC	4		0.002		
160h		•		_						
12.0										
150										
14-0										
15.0		•								
17:0		-								
18.0	16:0	g 5.2	238	0	FLC	4		1.833		
200	17:0	g 0.0	009	0	FLC			0.003		
220		-								
24-0		-								
Fathy acids, total monomistrated. 9 9.083 0 FLC 4 0.000 15:1 9 0.000 0 FLC 4 0.000 15:1 9 0.000 0 FLC 4 0.000 15:1 9 0.000 0 FLC 4 0.000 16:1 unifferentiated. 9 0.068 0 FLC 4 0.004 17:1 9 0.000 0 FLC 4 0.004 17:1 9 0.006 0 FLC 4 0.004 18:1 unifferentiated. 9 0.000 0 FLC 4 0.003 22:1 unifferentiated. 9 0.000 0 FLC 4 0.000 24:1 0 9 0.000 0 FLC 4 0.000 28:3 unifferentiated. 9 0.000 0 FLC 4 0.000 18:3 unifferentiated. 9 0.589 0 FLC 4 0.000 18:3 unifferentiated. 9 0.589 0 FLC 4 0.000 20:3 unifferentiated. 9 0.000 0 FLC 4 0.000 20:4 unifferentiated. 9 0.000 0 FLC 4 0.000 21:5 9 0.000 0 FLC 4 0.000 22:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 22:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 22:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 22:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 22:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 22:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 22:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 21:5 0 0.000 0 FLC 4 0.000 22:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 23:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 24:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0 FLC 4 0.000 25:5 n 3 (DPA). 9 0.000 0		-		•						
14:1		•								
15:1				-						
161 undifferentiated		-		0						
181 undifferentiated.			068	0	FLC	4				
20-1	17:1	g 0.0	10	0	FLC	4		0.004		
22:1 undifferentiated	18:1 undifferentiated	-			FLC			3.129		
24.1 c. 9 0.000 0 FLC 4 0.000 Fatty acids, total polyunsaturated. 9 5.141 0 PLC 4 1.799 18.2 undifferentiated. 9 0.589 0 PLC 4 0.206 18.4 9 0.000 0 PLC 4 0.000 20.2 audifferentiated. 9 0.000 0 PLC 4 0.000 20.4 undifferentiated. 9 0.000 0 PLC 4 0.000 20.5 na (EPA). 9 0.000 0 PLC 4 0.000 21.5. 9 0.000 0 PLC 4 0.000 21.5. 9 0.000 0 PLC 4 0.000 22.5 na 3(DPA). 9 0.000 0 PLC 4 0.000 22.5 na 3(DPA). 9 0.000 0 PLC 4 0.000 21.5 na (DPA). 9 0.000 0		•								
Fatty acids, total polyumsturated		-		-						
18.2 undifferentiated										
183 undifferentiated. g 0.589 0 FLC 4 0.000 184. g 0.000 0 FLC 4 0.000 20:2 n-6 c.c. g 0.000 0 FLC 4 0.000 20:3 undifferentiated. g 0.000 0 FLC 4 0.000 20:4 undifferentiated. g 0.000 0 FLC 4 0.000 20:5 n-3 (EPA). g 0.000 0 FLC 4 0.000 21:5										
18.4.										
20.3 undifferentiated		-	000	0	FLC	4				
20.4 undifferentiated	20:2 n-6 c,c	g 0.0	000	0	FLC	4		0.000		
20.5 n-3 (EPA)		•								
21:5.										
22:4.										
22:5 n-3 (DPA) 9 0.000 0 FLC 4 0.000 22:6 n-3 (DHA) 9 0.000 1 FLC 4 0.000 Fatty acids, total trans 9 0.000 1 FLC 4 0.000 Cholesterol mg 0 1 FLC 4 0.000 Amino Acids: Tryptophan 9 0.106 0 FLC 4 0.037 Threonine 9 0.312 0 FLC 4 0.109 Isoleucine 9 0.312 0 FLC 4 0.125 Leucine 9 0.358 0 FLC 4 0.125 Leucine 9 0.698 0 FLC 4 0.125 Leucine 9 0.397 0 FLC 4 0.139 Methionine 9 0.131 0 FLC 4 0.046 Cystine 9 0.158										
22:6 n-3 (DHA) 9 0.000 0 FILC 4 0.000 Fatty acids, total trans 9 0.000 1 FIC 4 0.000 Cholesterol .mg 0 1 FIC 4 0.007 Amino Acids: Tryptophan .9 0.106 0 FIC 4 0.037 Threonine .9 0.312 0 FIC 4 0.109 Isoleucine .9 0.358 0 FIC 4 0.125 Leucine .9 0.698 0 FIC 4 0.125 Leucine .9 0.698 0 FIC 4 0.139 Methionine .9 0.131 0 FIC 4 0.046 Cystine .9 0.158 0 FIC 4 0.055 Phenylalanine .9 0.471 0 FIC 4 0.165 Tyrosine .9 0.27										
Cholesterol	* /	•		0	FLC	4				
Phytosterols. Phytosterols	Fatty acids, total trans	g 0.0	000	1	FLC	4		0.000		
Amino Acids: Tryptophan. 9 0.106 0 FLC 4 0.037 Threonine. 9 0.312 0 FLC 4 0.109 Isoleucine. 9 0.358 0 FLC 4 0.125 Leucine. 9 0.698 0 FLC 4 0.244 Lysine. 9 0.397 0 FLC 4 0.139 Methionine. 9 0.131 0 FLC 4 0.046 Cystine. 9 0.158 0 FLC 4 0.055 Phenylalanine. 9 0.471 0 FLC 4 0.165 Tyrosine. 9 0.427 0 FLC 4 0.097 Valine. 9 0.429 0 FLC 4 0.150 Arginine. 9 0.784 0 FLC 4 0.274 Histidine. 9 0.404 0 FLC 4		· ·		1	FLC	4		0		
Tryptophan. 9 0.106 0 FLC 4 0.037 Threonine. 9 0.312 0 FLC 4 0.109 Isoleucine. 9 0.358 0 FLC 4 0.125 Leucine. 9 0.698 0 FLC 4 0.244 Lysine. 9 0.397 0 FLC 4 0.139 Methionine. 9 0.131 0 FLC 4 0.046 Cystine. 9 0.158 0 FLC 4 0.055 Phenylalanine. 9 0.471 0 FLC 4 0.165 Tyrosine. 9 0.277 0 FLC 4 0.165 Tyrosine. 9 0.429 0 FLC 4 0.150 Arginine. 9 0.784 0 FLC 4 0.274 Histidine. 9 0.239 0 FLC 4 0.141 <	Phytosterols	mg								
Threonine 9 0.312 0 FLC 4 0.109 Isoleucine 9 0.358 0 FLC 4 0.125 Leucine 9 0.698 0 FLC 4 0.244 Lysine 9 0.397 0 FLC 4 0.139 Methionine 9 0.131 0 FLC 4 0.046 Cystine 9 0.158 0 FLC 4 0.055 Phenylalanine 9 0.471 0 FLC 4 0.165 Tyrosine 9 0.277 0 FLC 4 0.097 Valine 9 0.429 0 FLC 4 0.150 Arginine 9 0.784 0 FLC 4 0.274 Histidine 9 0.239 0 FLC 4 0.141 Aspartic acid 9 0.977 0 FLC 4 0.342 <t< td=""><td>Amino Acids:</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Amino Acids:									
Soleucine	Tryptophan	g 0.1	106	0	FLC	4		0.037		
Leucine		•								
Lysine 9 0.397 0 FLC 4 0.139 Methionine 9 0.131 0 FLC 4 0.046 Cystine 9 0.158 0 FLC 4 0.055 Phenylalanine 9 0.471 0 FLC 4 0.165 Tyrosine 9 0.277 0 FLC 4 0.097 Valine 9 0.429 0 FLC 4 0.150 Arginine 9 0.784 0 FLC 4 0.274 Histidine 9 0.239 0 FLC 4 0.084 Alanine 9 0.404 0 FLC 4 0.141 Aspartic acid 9 0.977 0 FLC 4 0.342 Glutamic acid 9 0.488 0 FLC 4 0.171 Proline 9 0.488 0 FLC 4 0.184 Serine 9 0.447 0 FLC 4 0.156		•								
Methionine 9 0.131 0 FLC 4 0.046 Cystine 9 0.158 0 FLC 4 0.055 Phenylalanine 9 0.471 0 FLC 4 0.165 Tyrosine 9 0.277 0 FLC 4 0.097 Valine 9 0.429 0 FLC 4 0.150 Arginine 9 0.784 0 FLC 4 0.274 Histidine 9 0.239 0 FLC 4 0.084 Alanine 9 0.404 0 FLC 4 0.141 Aspartic acid 9 0.977 0 FLC 4 0.342 Glutamic acid 9 0.488 0 FLC 4 0.171 Proline 9 0.488 0 FLC 4 0.184 Serine 9 0.447 0 FLC 4 0.156		•		_						
Cystine 9 0.158 0 FLC 4 0.055 Phenylalanine 9 0.471 0 FLC 4 0.165 Tyrosine 9 0.277 0 FLC 4 0.097 Valine 9 0.429 0 FLC 4 0.150 Arginine 9 0.784 0 FLC 4 0.274 Histidine 9 0.239 0 FLC 4 0.084 Alanine 9 0.404 0 FLC 4 0.141 Aspartic acid 9 0.977 0 FLC 4 0.342 Glutamic acid 9 0.488 0 FLC 4 0.743 Glycine 9 0.488 0 FLC 4 0.171 Proline 9 0.525 0 FLC 4 0.184 Serine 9 0.447 0 FLC 4 0.156	-	•								
Phenylalanine 9 0.471 0 FLC 4 0.165 Tyrosine 9 0.277 0 FLC 4 0.097 Valine 9 0.429 0 FLC 4 0.150 Arginine 9 0.784 0 FLC 4 0.274 Histidine 9 0.239 0 FLC 4 0.084 Alanine 9 0.404 0 FLC 4 0.141 Aspartic acid 9 0.977 0 FLC 4 0.342 Glutamic acid 9 0.488 0 FLC 4 0.743 Glycine 9 0.488 0 FLC 4 0.171 Proline 9 0.525 0 FLC 4 0.184 Serine 9 0.447 0 FLC 4 0.156		•		_						
Tyrosine 9 0.277 0 FLC 4 0.097 Valine 9 0.429 0 FLC 4 0.150 Arginine 9 0.784 0 FLC 4 0.274 Histidine 9 0.239 0 FLC 4 0.084 Alanine 9 0.404 0 FLC 4 0.141 Aspartic acid 9 0.977 0 FLC 4 0.342 Glutamic acid 9 2.122 0 FLC 4 0.743 Glycine 9 0.488 0 FLC 4 0.171 Proline 9 0.525 0 FLC 4 0.184 Serine 9 0.447 0 FLC 4 0.156		•								
Arginine 9 0.784 0 FLC 4 0.274 Histidine 9 0.239 0 FLC 4 0.084 Alanine 9 0.404 0 FLC 4 0.141 Aspartic acid 9 0.977 0 FLC 4 0.342 Glutamic acid 9 2.122 0 FLC 4 0.743 Glycine 9 0.488 0 FLC 4 0.171 Proline 9 0.525 0 FLC 4 0.184 Serine 9 0.447 0 FLC 4 0.156	-		277	0	FLC	4		0.097		
Histidine 9 0.239 0 FLC 4 0.084 Alanine 9 0.404 0 FLC 4 0.141 Aspartic acid 9 0.977 0 FLC 4 0.342 Glutamic acid 9 2.122 0 FLC 4 0.743 Glycine 9 0.488 0 FLC 4 0.171 Proline 9 0.525 0 FLC 4 0.184 Serine 9 0.447 0 FLC 4 0.156		•								
Alanine 9 0.404 0 FLC 4 0.141 Aspartic acid 9 0.977 0 FLC 4 0.342 Glutamic acid 9 2.122 0 FLC 4 0.743 Glycine 9 0.488 0 FLC 4 0.171 Proline 9 0.525 0 FLC 4 0.184 Serine 9 0.447 0 FLC 4 0.156	0	•								
Aspartic acid. 9 0.977 0 FLC 4 0.342 Glutamic acid. 9 2.122 0 FLC 4 0.743 Glycine		•		_						
Glutamic acid g 2.122 0 FLC 4 0.743 Glycine g 0.488 0 FLC 4 0.171 Proline g 0.525 0 FLC 4 0.184 Serine g 0.447 0 FLC 4 0.156		•								
Glycine	•	•								
Proline g 0.525 0 FLC 4 0.184 Serine g 0.447 0 FLC 4 0.156		•								
Serine	=	•								
Hydroxyprolineg		=	147	0	FLC	4		0.156		
	Hydroxyproline	g								

	<u>Am</u>	ount in 10	0 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am</u>	ount in 10		Amount in edible portion of common					
				Number	measures of food					
Nutrients and Uni	40	Mean	Std. Error			Source Code	Confidence Code	Magaura 1	Magaura 2	Measure 3
Nutrients and On	.5	Weali	Stu. ETO	1 011113		Oouc	Oouc	Measure 1	Measure 2	weasure .
Proximates:										
Water		9.3	0	0	FLC	4		3.25		
Energy		415		0	NC	4		145		
Energy		1735		0	NC	4		607		
Protein (N x 6.25)	-	5.7		1	NC	4		2.00		
Total lipid (fat)		11.4		1	LC	8		4.00		
Ash		1.2		0	FLC	4		0.45		
Carbohydrate, by difference		72.2		0	NC	4		25.29		
Fiber, total dietary		3.8		0	FLC	4		1.3		
Sugars, total		42.8	6	1	LC	8		15.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	116		0	FLC	4		41		
Iron, Fe	-	8.7	1	0	FLC	4		3.05		
Magnesium, Mg	mg	63		0	FLC	4		22		
Phosphorus, P	mg	168		0	FLC	4		59		
Potassium, K	mg	189		0	FLC	4		66		
Sodium, Na	mg	185		0	LC	8		65		
Zinc, Zn		1.3		0	FLC	4		0.47		
Copper, Cu		0.2		0	FLC	4		0.079		
Manganese, Mn		1.0		0	FLC	4		0.370		
Selenium, Se	µg	10.5		0	FLC	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLC	4		0.0		
Thiamin	mg	0.6	40	0	FLC	4		0.224		
Riboflavin	mg	0.3	91	0	FLC	4		0.137		
Niacin	mg	5.4	43	0	FLC	4		1.905		
Pantothenic acid	mg	0.4		0	FLC	4		0.148		
Vitamin B-6	_	0.5	20	0	FLC	4		0.182		
Folate, total		92		0	FLC	4		32		
Folic acid		72		0	FLC	4		25		
Folate, food		21		0	FLC	4		7		
Folate, DFE		142		0	NC	4		50		
Choline, total	-	28.6		0	FLC	4		10.0		
Betaine		1.0		0	FLC FLC	4 4		0.4 0.00		
Vitamin B-12Vitamin B-12, added		0.0		0	FLC	4		0.00		
Vitamin B-12, added		302	U	0	NC	4		106		
Retinol		302		0	FLC	4		106		
Carotene, beta		1		0	FLC	4		0		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		1007		0	FLC	4		352		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		2.6	6	0	FLC	4		0.93		
Vitamin E, added		0.0		0	FLC	4		0.00		
Tocopherol, beta		0.0	5	0	FLC	4		0.02		
Tocopherol, gamma	-	0.8	1	0	FLC	4		0.28		
Tocopherol, delta	mg	0.0	4	0	FLC	4		0.01		
Tocotrienol, alpha	mg	0.3	4	0	FLC	4		0.12		
Tocotrienol, beta	mg	0.0	0	0	FLC	4		0.00		
Tocotrienol, gamma	mg	0.0	0	0	FLC	4		0.00		
Tocotrienol, delta	mg	0.0		0	FLC	4		0.00		
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)										
Vitamin D		0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	7.5		0	FLC	4		2.6		

	<u>Ar</u>	nount	in 100 gram	s of edi	Amount in edible portion of common				
			Num be					od	
					Source	Confidence			
N utrients and Units	Mean	Std. I	Fror Points			Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg	0.0		0	FLC	4		0.0		
Menaquinone-4µg	0.0)	0	FLC	4		0.0		
<u>Lipids:</u>									
Fatty acids, total saturatedg	1.4		0	NC	4		0.502		
4:0g 6:0g	0.0		0	FLC FLC	4 4		0.000		
8:0g	0.0		0	FLC	4		0.000		
10:0g	0.0		0	FLC	4		0.000		
12:0g	0.0	000	0	FLC	4		0.000		
13:0g	0.0	000	0	FLC	4		0.000		
14:0g	0.0		0	FLC	4		0.004		
15:0g	0.0		0	FLC	4		0.000		
16:0g 17:0g	0.0		0	FLC FLC	4 4		0.391 0.001		
18:0g	0.2		0	FLC	4		0.001		
20:0g	0.0		0	FLC	4		0.008		
22:0g	0.0	20	0	FLC	4		0.007		
24:0g	0.0	002	0	FLC	4		0.001		
Fatty acids, total monounsaturatedg	4.5		0	NC	4		1.605		
14:1g	0.0		0	FLC	4		0.000		
15:1g 16:1 undifferentiatedg	0.0		0	FLC FLC	4 4		0.000 0.010		
16:1 undifferentiatedg	0.0		0	FLC	4		0.010		
18:1 undifferentiatedg	4.4		0	FLC	4		1.570		
20:1g	0.0		0	FLC	4		0.024		
22:1 undifferentiatedg	0.0	001	0	FLC	4		0.000		
24:1 cg	0.0		0	FLC	4		0.000		
Fatty acids, total polyunsaturated	4.0		0	NC	4		1.410		
18:2 undifferentiatedg 18:3 undifferentiatedg	3.6 0.4		0	FLC FLC	4 4		1.267 0.143		
18:4g	0.0		0	FLC			0.000		
20:2 n-6 c,cg	0.0		0	FLC			0.000		
20:3 undifferentiatedg	0.0	000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.0	000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.0		0	FLC	4		0.000		
21:5g	0.0		0	FLC	4		0.000		
22:4g 22:5 n-3 (DPA)g	0.0		0	FLC FLC	4 4		0.000		
22:5 n-3 (DFA)g	0.0		0	FLC	4		0.000		
Fatty acids, total trans9	0.0		1	LC	8		0.000		
Cholesterolmg	0		1	LC	8		0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.0	74	0	FLC	4		0.026		
Threonineg	0.1	.71	0	FLC	4		0.060		
Isoleucineg	0.2		0	FLC			0.076		
Leucineg	0.4		0	FLC			0.143		
Lysineg	0.2		0	FLC FLC			0.091		
Methionineg Cystineg	0.0		0	FLC			0.031 0.053		
Phenylalanineg	0.2		0	FLC			0.101		
Tyrosineg	0.1		0	FLC			0.060		
Valineg	0.2		0	FLC	4		0.102		
Arginineg	0.4		0	FLC			0.160		
Histidineg	0.1		0	FLC			0.046		
Alanine	0.2		0	FLC			0.087		
Aspartic acid	0.5		0	FLC FLC			0.198 0.442		
Glutamic acid	0.3		0	FLC			0.442		
Prolineg	0.2		0	FLC			0.072		
Serineg	0.2		0	FLC	4		0.095		
Seriile9		. / _	U	FLC	-		0.033		

	<u>Am</u>	ount in 10	0 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Amount ir</u>	100 grams	Amount in edible portion of common					
			Numbei	measures of food					
			of Data	Deriv	Source C	onfidence			
Nutrients and Uni	its	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	7.18	0	FLC	4		2.51		
Energy	kcal	423	0	FLC	4		148		
Energy	kJ	1768	0	FLC	4		619		
Protein	g	5.71	0	LC	8		2.00		
Total lipid (fat)	g	11.43	0	LC	8		4.00		
Ash		1.43	0	FLC	4		0.50		
Carbohydrate, by difference	g	74.29	0	LC	8		26.00		
Fiber, total dietary	g	4.4	0	FLC	4		1.5		
Sugars, total	g	40.00	0	FLC	4		14.00		
Starch	g								
Minerals:									
Calcium, Ca	ma	286	0	LC	8		100		
Iron, Fe	-	1.03	0	LC	8		0.36		
Magnesium, Mg		62	0	FLC	4		22		
Phosphorus, P		191	0	FLC	4		67		
Potassium, K	mg	168	0	FLC	4		59		
Sodium, Na	<u>mg</u>	271	0	LC	8		95		
Zinc, Zn		1.58	0	FLC	4		0.55		
Copper, Cu	-	0.173	0	FLC	4		0.061		
Manganese, Mn		1.297	0	FLC	4		0.454		
Selenium, Se	µg	12.3	0	FLC	4		4.3		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	FLC	4		0.0		
Thiamin	mg	0.905	0	FLC	4		0.317		
Riboflavin	mg	0.542	0	FLC	4		0.190		
Niacin	mg	7.302	0	FLC	4		2.556		
Pantothenic acid	-	0.499	0	FLC	4		0.175		
Vitamin B-6	-	0.708	0	FLC	4		0.248		
Folate, total		126	0	FLC	4		44		
Folic acid		112	0	FLC	4		39		
Folate, food		14	0	FLC	4		5		
Folate, DFE		205	0	NC	4		72		
Choline, total		19.6	0	FLC	4 4		6.8		
Betaine Vitamin B-12		0.0 0.01	0	FLC FLC	4		0.0		
		0.00	0	FLC	4		0.00		
Vitamin B-12, added Vitamin A, RAE		475	0	NC	4		166		
Retinol		475	0	FLC	4		166		
Carotene, beta		0	0	FLC	4		0		
Carotene, alpha		0	0	FLC	4		0		
Cryptoxanthin, beta		0	0	FLC	4		0		
Vitamin A, IU		1582	0	NC	4		554		
Lycopene		0	0	FLC	4		0		
Lutein + zeaxanthin	µg	0	0	FLC	4		0		
Vitamin E (alpha-tocopherol)		1.70	0	FLC	4		0.60		
Vitamin E, added	mg	0.00	0	FLC	4		0.00		
Tocopherol, beta		0.02	0	FLC	4		0.01		
Tocopherol, gamma	g	2.41	0	FLC	4		0.84		
Tocopherol, delta		0.10	0	FLC	4		0.04		
Tocotrienol, alpha		0.54	0	FLC	4		0.19		
Tocotrienol, beta		0.00	0	FLC	4		0.00		
Tocotrienol, gamma		0.00	0	FLC	4		0.00		
Tocotrienol, delta		0.00	0	FLC	4		0.00		
Vitamin D (D2 + D3)		0.0	0	AS	1		0.0		
Vitamin D2 (ergocalciferol)			_						
Vitamin D3 (cholecalciferol)		0.0	0	FLC	4		0.0		
Vitamin D		0	0	FLC	4		0		
Vitamin K (phylloquinone)	µg	6.9	0	FLC	4		2.4		

Nutrients and Units			<u>A</u> 1	mοι	unt in 10	0 grams	of edil	ble porti	<u>ion</u>	Amount in edible portion of o		
Nutrients and Units						Number of Data	Deriv	Source	Confidence			<u></u>
	Nutrients and Units	М	ean	St	td. Error					Measure 1	Measure 2	Measure 3
Thirds:	Dihydrophylloquinone	.µg	0.	0		0	FLC	4		0.0		
Targe seeks, tand sammered			0.	0		0	FLC	4		0.0		
10.0	Lipids:											
6-0.	3	-										
8-0.												
12-0			0.	001		0	FLC	4				
13.0		-										
14.0.		-	0.	003		U	FLC	4		0.001		
16.0.	14:0	.g								0.007		
170												
18.8.												
22-0			0.	241		0	FLC	4				
240. 9 Fary acids, trust monounstatured. 9 Fary acids, trust polymentated. 9 Fary acids, trust polymentared. 9 Fary acids, tru		-										
Fathy sacids, total monounstrated		-	0.	032		0	FLC	4		0.011		
151		-	6.	372		0	FLC	4		2.230		
161 undifferentiated		-										
17-1.		-										
20-1		_										
22-1 undifferentiated. 9		_				-						
Patty acids, total polyunsaturated		-										
18.2 undifferentiated. G		_	٠.	000		Ū	FEC	*		0.000		
R83 undifferentiated												
18:4.												
20.2 n.6 c.												
20.4 undifferentiated							FLC			0.000		
20:5 n-3 (EPA)		-										
22:4		_										
22:5 n-3 (DPA) 9 0.000 0 FLC 4 0.000 22:6 n-3 (DHA) 9 0.003 0 FLC 4 0.000 Fatty acids total trans 9 0.037 0 FLC 4 0 Cholesterol. .mg 0 0 FLC 4 0 Phytosterols .mg 0 0 FLC 4 0 Campesterol. .mg 0 0 FLC 4 0 Campesterol. .mg 0 0 FLC 4 0 Beta-sitosterol .mg 0 FLC 4 0.058 Tryrosine 9 0.164 0 FLC 4 0.058 Introvine .g 0.146 0 FLC 4 0.078 Leucine .g 0.430 0 FLC 4 0.151 Lysine .g 0.430 0 FLC 4 0.106		_										
22:6 n-3 (DHA) g 0.000 0 FLC 4 0.000 Fatty acids, total trans g 0.037 0 FLC 4 0.013 Cholesterol. mg 0 0 FLC 4 0 Phytosterols. mg 0 0 FLC 4 0 Sigmasterol. mg 0 FLC 4 0 0 Campesterol. mg 0 FLC 4 0 0 Beta-sitosterol. mg 0 FLC 4 0.058 0 Services. mg 0 FLC 4 0.058 0 0 0 FLC 4 0.058 0 <td></td> <td></td> <td>0</td> <td>000</td> <td></td> <td>0</td> <td>PT C</td> <td>4</td> <td></td> <td>0.000</td> <td></td> <td></td>			0	000		0	PT C	4		0.000		
Cholesterol		.g .g										
Phytosterols. mg mg mg mg mg mg mg m				037						0.013		
Stigmasterol. mg 0 FLC 4 0 Campesterol. mg Beta-sitosterol mg Seta-sitosterol Mmino Acids: Tryptopham. Threonine. g 0.164 0 FLC 4 0.058 Isoleucine. g 0.223 0 FLC 4 0.078 Leucine. g 0.430 0 FLC 4 0.151 Lysine. g 0.303 0 FLC 4 0.106 Methionine. g 0.097 0 FLC 4 0.034 Cystine. g 0.192 0 FLC 4 0.067 Phenylalanine. g 0.294 0 FLC 4 0.103 Tyrosine. g 0.316 0 FLC 4 0.103 Valine. g 0.373 0 FLC 4 0.110 Arginine.		-	0			0	FLC	4		0		
Campesterol mg mg Beta-sitosterol mg			0			0	FLC	4		0		
Amino Acids: Tryptophan 9 Threonine 9 0.164 0 FLC 4 0.058 Isoleucine 9 0.223 0 FLC 4 0.078 Leucine 9 0.430 0 FLC 4 0.151 Lysine 9 0.303 0 FLC 4 0.106 Methionine 9 0.097 0 FLC 4 0.034 Cystine 9 0.192 0 FLC 4 0.067 Phenylalanine 9 0.294 0 FLC 4 0.103 Tyrosine 9 0.171 0 FLC 4 0.103 Valine 9 0.316 0 FLC 4 0.110 Arginine 9 0.373 0 FLC 4 0.130 Histidine 9 0.128 0 FLC 4 0.045 Alanine 9												
Tryptophan 9 Threonine 9 0.164 0 FLC 4 0.058 Isoleucine 9 0.223 0 FLC 4 0.078 Leucine 9 0.430 0 FLC 4 0.151 Lysine 9 0.303 0 FLC 4 0.106 Methionine 9 0.097 0 FLC 4 0.034 Cystine 9 0.192 0 FLC 4 0.067 Phenylalanine 9 0.294 0 FLC 4 0.103 Tyrosine 9 0.171 0 FLC 4 0.103 Tyrosine 9 0.316 0 FLC 4 0.110 Arginine 9 0.373 0 FLC 4 0.130 Histidine 9 0.128 0 FLC 4 0.045 Alanine 9 0.520 0 FLC </td <td>Beta-sitosterol</td> <td>.mg</td> <td></td>	Beta-sitosterol	.mg										
Threonine 9 0.164 0 FLC 4 0.058 Isoleucine 9 0.223 0 FLC 4 0.078 Leucine 9 0.430 0 FLC 4 0.151 Lysine 9 0.303 0 FLC 4 0.106 Methionine 9 0.097 0 FLC 4 0.034 Cystine 9 0.192 0 FLC 4 0.067 Phenylalanine 9 0.192 0 FLC 4 0.103 Tyrosine 9 0.171 0 FLC 4 0.103 Tyrosine 9 0.316 0 FLC 4 0.110 Valine 9 0.373 0 FLC 4 0.130 Histidine 9 0.128 0 FLC 4 0.045 Alanine 9 0.520 0 FLC 4 0.086	·											
Isoleucine 9 0.223 0 FLC 4 0.078 Leucine 9 0.430 0 FLC 4 0.151 Lysine 9 0.303 0 FLC 4 0.106 Methionine 9 0.097 0 FLC 4 0.034 Cystine 9 0.192 0 FLC 4 0.067 Phenylalanine 9 0.294 0 FLC 4 0.103 Tyrosine 9 0.171 0 FLC 4 0.060 Valine 9 0.316 0 FLC 4 0.110 Arginine 9 0.373 0 FLC 4 0.130 Histidine 9 0.128 0 FLC 4 0.045 Alanine 9 0.247 0 FLC 4 0.086 Aspartic acid 9 0.520 0 FLC 4 0.182 Glutamic acid 9 0.279 0 FLC 4 0.098	21 1	-	0.	164		0	FLC	4		0.058		
Lysine 9 0.303 0 FLC 4 0.106 Methionine 9 0.097 0 FLC 4 0.034 Cystine 9 0.192 0 FLC 4 0.067 Phenylalanine 9 0.294 0 FLC 4 0.103 Tyrosine 9 0.171 0 FLC 4 0.060 Valine 9 0.316 0 FLC 4 0.110 Arginine 9 0.373 0 FLC 4 0.130 Histidine 9 0.128 0 FLC 4 0.045 Alanine 9 0.247 0 FLC 4 0.086 Aspartic acid 9 0.520 0 FLC 4 0.182 Glutamic acid 9 0.279 0 FLC 4 0.426 Glycine 9 0.279 0 FLC 4 0.098												
Methionine 9 0.097 0 FLC 4 0.034 Cystine 9 0.192 0 FLC 4 0.067 Phenylalanine 9 0.294 0 FLC 4 0.103 Tyrosine 9 0.171 0 FLC 4 0.060 Valine 9 0.316 0 FLC 4 0.110 Arginine 9 0.373 0 FLC 4 0.130 Histidine 9 0.128 0 FLC 4 0.045 Alanine 9 0.247 0 FLC 4 0.086 Aspartic acid 9 0.520 0 FLC 4 0.182 Glutamic acid 9 1.218 0 FLC 4 0.426 Glycine 9 0.279 0 FLC 4 0.098												
Cystine 9 0.192 0 FLC 4 0.067 Phenylalanine 9 0.294 0 FLC 4 0.103 Tyrosine 9 0.171 0 FLC 4 0.060 Valine 9 0.316 0 FLC 4 0.110 Arginine 9 0.373 0 FLC 4 0.130 Histidine 9 0.128 0 FLC 4 0.045 Alanine 9 0.247 0 FLC 4 0.086 Aspartic acid 9 0.520 0 FLC 4 0.182 Glutamic acid 9 1.218 0 FLC 4 0.426 Glycine 9 0.279 0 FLC 4 0.098	3	-										
Phenylalanine g 0.294 0 FLC 4 0.103 Tyrosine g 0.171 0 FLC 4 0.060 Valine g 0.316 0 FLC 4 0.110 Arginine g 0.373 0 FLC 4 0.130 Histidine g 0.128 0 FLC 4 0.045 Alanine g 0.247 0 FLC 4 0.086 Aspartic acid g 0.520 0 FLC 4 0.182 Glutamic acid g 1.218 0 FLC 4 0.426 Glycine g 0.279 0 FLC 4 0.098		-										
Valine 9 0.316 0 FLC 4 0.110 Arginine 9 0.373 0 FLC 4 0.130 Histidine 9 0.128 0 FLC 4 0.045 Alanine 9 0.247 0 FLC 4 0.086 Aspartic acid 9 0.520 0 FLC 4 0.182 Glutamic acid 9 1.218 0 FLC 4 0.426 Glycine 9 0.279 0 FLC 4 0.098	Phenylalanine	.g										
Arginine 9 0.373 0 FLC 4 0.130 Histidine 9 0.128 0 FLC 4 0.045 Alanine 9 0.247 0 FLC 4 0.086 Aspartic acid 9 0.520 0 FLC 4 0.182 Glutamic acid 9 1.218 0 FLC 4 0.426 Glycine 9 0.279 0 FLC 4 0.098	-											
Histidine 9 0.128 0 FLC 4 0.045 Alanine 9 0.247 0 FLC 4 0.086 Aspartic acid 9 0.520 0 FLC 4 0.182 Glutamic acid 9 1.218 0 FLC 4 0.426 Glycine 9 0.279 0 FLC 4 0.098												
Aspartic acid	=					0		4				
Glutamic acid						-						
Glycineg 0.279 0 FLC 4 0.098	•					-						
Prolineg 0.179 0 FLC 4 0.062												
	Proline	.g	0.	179		0	FLC	4		0.062		

	Amount in 1	00 grams	of edi	Amount in edible portion of common				
		Number		_			easures of fo	<u>od</u>
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Serineg Hydroxyprolineg	0.281	0	FLC	4		0.098		
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	u gram s	Amount in edible portion of common					
				Number	measures of food					
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Hatrients and on		mean	ota. E i oi					incusure i	incusure 2	WCd5d1C (
Proximates:										
Water	g	9.23		0	FLC	4		7.20		
Energy	kcal	390		0	NC	4		304		
Energy	kJ	1630		0	NC	4		1271		
Protein	g	16.67		1	LC	8		13.00		
Total lipid (fat)	g	7.69		1	LC	8		6.00		
Ash	g	2.99		0	FLC	4		2.33		
Carbohydrate, by difference	g	63.42		0	NC	4		49.47		
Fiber, total dietary	g	7.7		1	LC	8		6.0		
Sugars, total	g	42.31		1	LC	8		33.00		
Starch	g	0.01		0	FLC	4		0.01		
Minarala										
Minerals:		4.00		_		•				
Calcium, Ca	_	103		1	LC	8		80		
Iron, Fe		1.62		1 1	LC	8 8		1.26		
Magnesium, Mg		321 255		0	LC FLC	8 4		250 199		
Phosphorus, P Potassium, K		429		0	FLC	4		335		
Sodium, Na	_	321		1	LC	8		250		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.40		0	FLC	4		1.09		
Copper, Cu	_	0.38		0	FLC	4		0.298		
Manganese, Mn		0.56		0	FLC	4		0.438		
Selenium, Se	_	11.3	_	0	FLC	4		8.8		
, and the second										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.4		1	LC	8		0.3		
Thiamin	_	0.13		0	FLC	4		0.105		
Riboflavin	_	0.15		0	FLC	4		0.118		
Niacin	_	0.68		0	FLC	4		0.531		
Pantothenic acid	_	0.50		0	FLC	4		0.392		
Vitamin B-6	_	0.09	5	0	FLC	4		0.074		
Folate, total		39		0	FLC	4 4		30		
Folic acid		1 38		0	FLC FLC	4		0 30		
Folate, food		39		0	NC	4		30 31		
Folate, DFE Choline, total		48.4		0	FLC	4		37.8		
Betaine		10.1		U	FLC	-		37.0		
Vitamin B-12		0.16		0	FLC	4		0.13		
Vitamin B-12, added		0.00		0	FLC	4		0.00		
Vitamin A, RAE		17		0	NC	4		13		
Retinol		16		0	FLC	4		13		
Carotene, beta		5		0	FLC	4		4		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		1		0	FLC	4		1		
Vitamin A, IU		63		0	NC	4		49		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin		43		0	FLC	4		33		
Vitamin E (alpha-tocopherol)		0.81		0	FLC	4		0.63		
Vitamin E, added		0.00		0	FLC	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3)		0.2		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)		0.2		0	FLC	4		0.1		
Vitamin D		7		0	0	4		6		
Vitamin K (phylloquinone)		3.6		0	FLC	4		2.8		

	Amount in 1	00 grams	Amount in edible portion of common						
		Nivers is a se	_			measures of food			
		Number					0404100 01101	<u>, , , , , , , , , , , , , , , , , , , </u>	
					Confidence				
Nutrients and Units	Mean Std. Erro	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Dihydrophylloquinoneµg									
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturated9	3.227	0	NC	4		2.517			
4:0g	0.072	0	FLC	4		0.056			
6:0g	0.044	0	FLC	4		0.034			
8:0g	0.094	0	FLC	4		0.073			
10:0g	0.133	0	FLC	4		0.104			
12:0g	1.005	0	FLC	4		0.784			
13:0	0.000	0	FLC	4		0.000			
14:0	0.512	0	FLC	4		0.399			
15:0g	0.000	0	FLC	4		0.000			
16:0	0.960	0	FLC	4		0.749			
17:0g	0.010	0	FLC	4		0.008			
18:0g	0.395	0	FLC	4		0.308			
20:0	0.002	0	FLC	4		0.002			
22:0	0.000	0	FLC	4		0.000			
24:0	0.000	0	FLC	4		0.000			
Fatty acids, total monounsaturated9	2.558	0	NC	4		1.995			
14:1g	0.000	0	FLC	4		0.000			
15:1	0.000	ŭ	120	-		0.000			
16:1 undifferentiated	0.047	0	FLC	4		0.037			
17:1	0.017	ŭ	110	-		0.037			
18:1 undifferentiated	2.471	0	FLC	4		1.928			
20:1	0.030	0	FLC	4		0.024			
22:1 undifferentiated	0.010	0	FLC	4		0.008			
24:1 c	0.000	0	FLC	4		0.000			
Fatty acids, total polyunsaturated9	1.228	0	NC	4		0.958			
18:2 undifferentiatedg	1.033	0	FLC	4		0.805			
18:3 undifferentiated	0.195	0	FLC	4		0.152			
18:3 undifferentiated	0.000	0	FLC	4		0.152			
20:2 n-6 c.c	0.000	0	FLC	4					
,	0.000	0	FLC	4		0.000			
20:3 undifferentiated	0.000	0	FLC	4		0.000			
	0.000	0	FLC	4					
20:5 n-3 (EPA)g	0.000	U	FLC	4		0.000			
21:5g									
22:4g 22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000			
	0.000	0	FLC	4		0.000			
22:6 n-3 (DHA)	0.000	1	LC	8		0.000			
Fatty acids, total trans		0	FLC	4		4			
Cholesterol. mg		0	FLC	4		4			
Phytosterolsmg	5	U	FTC	4		*			
Others:									
Alcohol, ethylg	0.0	0	FLC	4		0.0			
Caffeinemg	3	0	FLC	4		3			
Theobrominemg		0	FLC	4		24			

Common Measures:

Measure 1 = 78g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>An</u>	ount in 10	Amount in edible portion of common							
				Number				measures of food			
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	9.4	3	0	FLC	4		4.43			
Energy		393		0	NC	4		185			
Energy		1644		0	NC	4		773			
Protein		17.8	8	1	LC	8		8.40			
Total lipid (fat)	g	9.2	3	1	LC	8		4.34			
Ash	g	3.8	9	0	FLC	4		1.83			
Carbohydrate, by difference	g	59.5	8	0	NC	4		28.00			
Fiber, total dietary	g	5.9		1	LC	8		2.8			
Sugars, total	g	27.3	0	0	FLC	4		12.83			
Starch	g	6.6	4	0	FLC	4		3.12			
Minorals											
Minerals:	ma	434		0	FLC	4		204			
Calcium, Ca Iron, Fe	-	434 5.2	0	0	FLC	4		204 2.45			
Magnesium, Mg	-	86	•	1	LC	8		40			
Phosphorus, P		263		0	FLC	4		124			
Potassium, K		300		0	FLC	4		141			
Sodium, Na	-	486		1	LC	8		229			
Zinc, Zn	-	4.8	3	1	LC	8		2.27			
Copper, Cu	mg	0.7	90	0	FLC	4		0.371			
Manganese, Mn	mg	1.1	08	0	FLC	4		0.521			
Selenium, Se	µg	6.1		0	FLC	4		2.9			
Vitamins:											
Vitamin C, total ascorbic acid	ma	19.3		1	LC	8		9.1			
Thiamin	-	0.2		0	FLC	4		0.122			
Riboflavin	-	0.1		0	FLC	4		0.084			
Niacin	-	1.8		0	FLC	4		0.887			
Pantothenic acid	-	0.3	16	0	FLC	4		0.148			
Vitamin B-6	-	1.0	73	1	LC	8		0.504			
Folate, total	µg	215		1	LC	8		101			
Folic acid	µg	70		0	FLC	4		33			
Folate, food	µg	144		0	FLC	4		68			
Folate, DFE	µg	264		0	NC	4		124			
Choline, total	mg	43.8		0	FLC	4		20.6			
Betaine	mg										
Vitamin B-12		3.2		1	LC	8		1.51			
Vitamin B-12, added		0.0	0	0	FLC	4		0.00			
Vitamin A, RAE		50		0	NC	4		24			
Retinol		50		0	FLC	4		23			
Carotene, beta		7		0	FLC	4		3			
Carotene, alpha		3		0	FLC	4		1			
Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU		179 0		0	FLC FLC	4 4		84 0			
Lycopene Lutein + zeaxanthin		64		0	FLC	4		30			
Vitamin E (alpha-tocopherol)		10.2	7	1	LC	8		4.83			
Vitamin E, added		0.0		0	FLC	4		0.00			
Tocopherol, beta			-	•		-		*****			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	AS	1		0.0			
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)		0.0		0	FLC	4		0.0			
Vitamin D	IU µg	0 1.7		0	FLC FLC	4 4		0 0.8			

Number measures of food of Data Deriv Source Confidence	Amount in edible portion of common			
Nutrients and Units Nean Std. Error Points Code Code Code Code Neasure 1 Neasure 2				
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2				
No. Part P	Measure 3			
Nemaquinone-4				
Patry acids, total saturated.				
Fatty acids, total saturated				
Fatty acids, total saturated				
4-0				
6:0				
8:0. 9 0.164 0 FLC 4 0.077 10:0. 9 0.180 0 FLC 4 0.085 12:0. 9 2.242 0 FLC 4 1.054 13:0. 9 0.000 0 FLC 4 0.000 14:0. 9 0.788 0 FLC 4 0.370 15:0. 9 0.000 0 FLC 4 0.000 16:0. 9 0.895 0 FLC 4 0.421 17:0. 9 0.01 0 FLC 4 0.421 17:0. 9 0.01 0 FLC 4 0.191 20:0. 9 0.001 0 FLC 4 0.191 20:0. 9 0.000 0 FLC 4 0.001 22:0. 9 0.000 0 FLC 4 0.001 24:0. 9				
10:0				
12:0				
13:0				
14:0				
15:0				
16:0				
17:0				
18:0				
20:0				
22:0				
24:0				
Fatty acids, total monounsaturated 9 2.498 0 FLC 4 1.174 14:1 9 0.000 0 FLC 4 0.000 15:1 9 0.000 0 FLC 4 0.000 16:1 undifferentiated 9 0.014 0 FLC 4 0.007 17:1 9 0.001 0 FLC 4 0.001 18:1 undifferentiated 9 0.003 0 FLC 4 0.001 20:1 9 0.003 0 FLC 4 0.001 22:1 undifferentiated 9 0.000 0 FLC 4 0.000 24:1 c 9 0.000 0 FLC 4 0.000 Fatty acids, total polyunsaturated 9 1.268 0 FLC 4 0.574 18:2 undifferentiated 9 0.045 0 FLC 4 0.574 18:4 9 0.000 0				
14:1				
15:1				
16:1 undifferentiated				
17:1				
18:1 undifferentiated 9 2.480 0 FLC 4 1.165 20:1 9 0.003 0 FLC 4 0.001 22:1 undifferentiated 9 0.000 0 FLC 4 0.000 24:1 c 9 0.000 0 FLC 4 0.000 Fatty acids, total polyunsaturated 9 1.268 0 FLC 4 0.596 18:2 undifferentiated 9 1.222 0 FLC 4 0.574 18:3 undifferentiated 9 0.045 0 FLC 4 0.021 18:4 9 0.000 0 FLC 4 0.000 20:2 n-6 c,c 9 0.000 0 FLC 4 0.000 20:3 undifferentiated 9 0.000 0 FLC 4 0.000 20:4 undifferentiated 9 0.000 0 FLC 4 0.000				
20:1				
22:1 undifferentiated				
24:1 c				
Fatty acids, total polyunsaturated				
18:2 undifferentiated g 1.222 0 FLC 4 0.574 18:3 undifferentiated g 0.045 0 FLC 4 0.021 18:4 g 0.000 0 FLC 4 0.000 20:2 n-6 c,c g 0.000 0 FLC 4 0.000 20:3 undifferentiated g 0.000 0 FLC 4 0.000 20:4 undifferentiated g 0.000 0 FLC 4 0.000				
18:3 undifferentiated g 0.045 0 FLC 4 0.021 18:4 g 0.000 0 FLC 4 0.000 20:2 n-6 c,c. g 0.000 0 FLC 4 0.000 20:3 undifferentiated g 0.000 0 FLC 4 0.000 20:4 undifferentiated g 0.000 0 FLC 4 0.000				
18:4				
20:2 n-6 c,c. g 0.000 0 FLC 4 0.000 20:3 undifferentiated. g 0.000 0 FLC 4 0.000 20:4 undifferentiated. g 0.000 0 FLC 4 0.000				
20:3 undifferentiated				
20:4 undifferentiatedg 0.000 0 FLC 4 0.000				
2011 different di				
20:5 n-3 (EPA)				
21:5g				
22:4g				
22:5 n-3 (DPA)g 0.000 0 FLC 4 0.000				
22:6 n-3 (DHA)g 0.000 0 FLC 4 0.000				
Fatty acids, total trans				
Cholesterolmg 0 0 FLC 4 0				
Phytosterolsmg				
Others:				
Alcohol, ethyl				
Caffeinemg 11 0 FLC 4 5				
Theobrominemg 1106 0 FLC 4 50				

Common Measures:

Measure 1 = 47g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10	u gram s	ot edil	ole porti	<u>ion</u>	Amount in edible portion of common			
				Number				measures of food			
						Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	9.34	4	0	FLC	4		3.27			
Energy	kcal	429		0	NC	4		150			
Energy		1794		0	NC	4		628			
Protein		18.5		1	LC	8		6.50			
Total lipid (fat)	g	15.7		1	LC	8		5.50			
Ash	-	3.13		0	FLC	4		1.09			
Carbohydrate, by difference	g	53.20	5	0	NC	4		18.64			
Fiber, total dietary	g	11.4		1	LC	8		4.0			
Sugars, total		17.1	4	1	LC	8		6.00			
Sucrose	g										
Glucose (dextrose)											
Fructose	g										
Lactose	g										
Maltose	g										
Galactose	g										
Starch		0.2	7	0	FLC	4		0.09			
Minerals:											
Calcium, Ca	ma	0		1	LC	8		0			
Iron, Fe		3.39	9	1	LC	8		1.19			
Magnesium, Mg	-	107	•	0	FLC	4		37			
Phosphorus, P		271		0	FLC	4		95			
Potassium, K		415		0	FLC	4		145			
Sodium, Na	-	293		1	LC	8		103			
Zinc, Zn	-	1.60)	0	FLC	4		0.56			
Copper, Cu		0.50	06	0	FLC	4		0.177			
Manganese, Mn		0.7	79	0	FLC	4		0.273			
Selenium, Se	µg	9.1		0	FLC	4		3.2			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1	LC	8		0.0			
Thiamin	_	0.1	15	0	FLC	4		0.040			
Riboflavin	_	0.28		0	FLC	4		0.101			
Niacin	_	1.1		0	FLC	4		0.405			
Pantothenic acid	-	0.38		0	FLC	4		0.136			
Vitamin B-6		0.00		0	FLC	4		0.022			
Folate, total	_	45		0	FLC	4		16			
Folic acid		1		0	FLC	4		0			
Folate, food		44		0	FLC	4		15			
Folate, DFE		46		0	NC	4		16			
Choline, total		46.7		0	FLC	4		16.3			
Betaine	_										
Vitamin B-12	µg	0.00)	0	FLC	4		0.00			
Vitamin B-12, added		0.00)	0	FLC	4		0.00			
Vitamin A, RAE		2		0	NC	4		1			
Retinol		1		0	FLC	4		0			
Carotene, beta	µg	1		0	FLC	4		1			
Carotene, alpha	µg	0		0	FLC	4		0			
Cryptoxanthin, beta	µg	1		0	FLC	4		0			
Vitamin A, IU	<u>I</u> U	8		0	NC	4		3			
Lycopene	µg	0		0	FLC	4		0			
Lutein + zeaxanthin		38		0	FLC	4		13			
Vitamin E (alpha-tocopherol)	mg	7.14	1	0	FLC	4		2.50			
Vitamin E, added	<u>mg</u>	0.00)	0	FLC	4		0.00			
Tocopherol, beta	mg	0.08	3	0	FLC	4		0.03			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha	ma										

	A	moun	t in 10	0 grams	of edil	ole porti	ion	Amount in o	dible pertion	of oommon
				Nium bar					dible portion of easures of foo	
				Number of Data		Source	Confidence	<u></u>	040410001100	<u>. u</u>
Nutrients and Units	Mean	Std	. Error	Points		Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)				0	FLC	4		•		
Vitamin D		7		0	FLC	4		0 0.9		
Vitamin K (phylloquinone)				0	FLC	4		0.0		
Dihydrophylloquinone Menaquinone-4		U		U	FLC	-		0.0		
Lipids:										
Fatty acids, total saturated	g 1.	213		0	FLC	4		0.424		
4:0		000		0	FLC	4		0.000		
6:0	_	000		0	FLC	4		0.000		
8:0	g 0.	001		0	FLC	4		0.000		
10:0	g 0.	000		0	FLC	4		0.000		
12:0	g 0.	001		0	FLC	4		0.000		
13:0	g 0.	000		0	FLC	4		0.000		
14:0	g 0.	003		0	FLC	4		0.001		
15:0	g 0.	000		0	FLC	4		0.000		
16:0	g 0.	934		0	FLC	4		0.327		
17:0	g 0.	002		0	FLC	4		0.001		
18:0	g 0.	210		0	FLC	4		0.074		
20:0	g 0.	004		0	FLC	4		0.002		
22:0	g 0.	001		0	FLC	4		0.000		
24:0	g 0.	000		0	FLC	4		0.000		
Fatty acids, total monounsaturated		486		0	FLC	4		3.320		
14:1	g 0.	000		0	FLC	4		0.000		
15:1	=	000		0	FLC	4		0.000		
16:1 undifferentiated	=	071		0	FLC	4		0.025		
17:1	•	007		0	FLC	4		0.002		
18:1 undifferentiated	_	291		0	FLC	4		3.252		
20:1	=	034		0	FLC	4		0.012		
22:1 undifferentiated		010		0	FLC	4		0.004		
24:1 c		000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated	=	181		0	FLC	4 4		1.463		
18:2 undifferentiated		876 193		0	FLC FLC	4		1.357 0.068		
18:4	_	000		0	FLC	4		0.000		
20:2 n-6 c.c.	•	001		0	FLC	4		0.000		
20:3 undifferentiated	5	000		0	FLC	4		0.000		
20:4 undifferentiated	•	000		0	FLC	4		0.000		
20:5 n-3 (EPA)		000		0	FLC	4		0.000		
21:5	•	000		0	FLC	4		0.000		
22:4	•	000		0	FLC	4		0.000		
22:5 n-3 (DPA)	•	000		0	FLC	4		0.000		
22:6 n-3 (DHA)		000		0	FLC	4		0.000		
Fatty acids, total trans		005		0	FLC	4		0.002		
Cholesterol				0	FLC	4		0		
Phytosterols										
Stigmasterol	mg									
Campesterol	mg									
Beta-sitosterol	mg									
Amino Acids:										
Tryptophan	g									
Threonine										
Isoleucine										
Leucine										
Lysine										
Methionine										
Cystine	y									

	<u>An</u>	ount in 10	0 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Arginineg									
Histidineg									
Alanine									
Glutamic acid									
Glycineg									
Prolineg									
Serineg									
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10		Amount in edible portion of common					
				Number				<u>m</u>	easures of foo	<u>5u</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.7	4	0	FLC	4		1.09	0.55	
Energy		446		0	NC	4		178	89	
Energy		1867		0	NC	4		747	373	
Protein (N x 6.25)		15.0	0	0	LC	8		6.00	3.00	
Total lipid (fat)		15.0		0	LC	8		6.00	3.00	
Ash		4.4		0	FLC	4		1.79	0.90	
Carbohydrate, by difference		62.7	8	0	NC	4		25.11	12.56	
Fiber, total dietary		10.0		0	LC	8		4.0	2.0	
Sugars, total		20.0	0	0	LC	8		8.00	4.00	
Starch			-	_		-				
Starcii	9									
Minerals:										
Calcium, Ca	<u>mg</u>	0		0	LC	8		0	0	
Iron, Fe		2.7	0	0	LC	8		1.08	0.54	
Magnesium, Mg	mg	97		0	FLC	4		39	19	
Phosphorus, P		333		0	FLC	4		133	67	
Potassium, K	mg	545		0	FLC	4		218	109	
Sodium, Na	_	400		0	LC	8		160	80	
Zinc, Zn	_	2.8		0	FLC	4		1.15	0.57	
Copper, Cu		0.6		0	FLC	4		0.271	0.136	
Manganese, Mn	_	3.1	37	0	FLC	4		1.255	0.627	
Selenium, Se	µg	18.9		0	FLC	4		7.6	3.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0	0.0	
Thiamin	_	0.4	86	0	FLC	4		0.194	0.097	
Riboflavin	mg	0.1	63	0	FLC	4		0.065	0.033	
Niacin	mg	2.4	03	0	FLC	4		0.961	0.481	
Pantothenic acid	mg	0.9	79	0	FLC	4		0.392	0.196	
Vitamin B-6	mg	0.5	36	0	FLC	4		0.214	0.107	
Folate, total	µg	81		0	FLC	4		33	16	
Folic acid	µg	0		0	FLC	4		0	0	
Folate, food	µg	81		0	FLC	4		33	16	
Folate, DFE	µg	81		0	NC	4		33	16	
Choline, total	mg	25.5		0	FLC	4		10.2	5.1	
Betaine	mg									
Vitamin B-12	µg	0.0	0	0	FLC	4		0.00	0.00	
Vitamin B-12, added	µg	0.0	0	0	FLC	4		0.00	0.00	
Vitamin A, RAE	µg	1		0	NC	4		0	0	
Retinol	µg	0		0	FLC	4		0	0	
Carotene, beta	µg	8		0	FLC	4		3	2	
Carotene, alpha	µg	4		0	FLC	4		1	1	
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	
Vitamin A, IU	JU	17		0	NC	4		7	3	
Lycopene		0		0	FLC	4		0	0	
Lutein + zeaxanthin		73		0	FLC	4		29	15	
Vitamin E (alpha-tocopherol)		2.3		0	FLC	4		0.92	0.46	
Vitamin E, added		0.0	0	0	FLC	4		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0.0		0	ET C	4		0.0	0 0	
Vitamin D (D2 + D3)		0.0			FLC	7		0.0	0.0	
Vitamin D		9.8		0	Z FLC	4		0 3.9		
Vitamin K (phylloquinone) Dihydrophylloquinone				0					2.0	
	ua	0.0		U	FLC	4		0.0	0.0	

	<u>Am ou</u>	nt in 100 gram Numbe	Amount in edible portion of common measures of food					
			-					
Nutrients and Units	Mean St	of Data d. Error Points		Source Co Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	1.436	0	NC	4		0.574	0.287	
4:0g	0.000	0	FLC	4		0.000	0.000	
6:0g	0.000	0	FLC	4		0.000	0.000	
8:0g	0.000	0	FLC	4		0.000	0.000	
10:0g	0.000	0	FLC	4		0.000	0.000	
12:0g	0.000	0	FLC	4		0.000	0.000	
13:0g								
14:0g	0.010	0	FLC	4		0.004	0.002	
15:0g	0.000	0	FLC	4		0.000	0.000	
16:0g	1.021	0	FLC	4		0.408	0.204	
17:0g	0.000	0	FLC	4		0.000	0.000	
18:0g	0.294	0	FLC	4		0.118	0.059	
20:0g	0.074	0	FLC	4		0.030	0.015	
22:0g	0.037	0	FLC	4		0.015	0.007	
24:0g								
Fatty acids, total monounsaturatedg	7.932	0	NC	4		3.173	1.586	
14:1g	0.000	0	FLC	4		0.000	0.000	
15:1g	0.000	0	FLC	4		0.000	0.000	
16:1 undifferentiated	0.037	0	FLC	4		0.015	0.007	
17:1g	0.000	0	FLC	4		0.000	0.000	
18:1 undifferentiatedg	7.745	0	FLC	4		3.098	1.549	
20:1g	0.150	0	FLC	4		0.060	0.030	
22:1 undifferentiatedg	0.000	0	FLC	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	5.006	0	NC	4		2.002	1.001	
18:2 undifferentiated	3.764	0	FLC	4		1.506	0.753	
18:3 undifferentiated	1.241	0	FLC	4		0.497	0.248	
18:4g	0.000 0.000	0	FLC FLC	4 4		0.000	0.000	
20:2 n-6 c,c	0.000	0	FLC	4		0.000	0.000	
	0.000	0	FLC	4		0.000	0.000 0.000	
20:4 undifferentiated	0.000	0	FLC	4				
20:5 n-3 (EPA)g	0.000	U	FLC	4		0.000	0.000	
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000	0.000	
Fatty acids, total transg	0.000	0	LC	8		0.000	0.000	
Cholesterolmg	0	0	LC	8		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0	
Caffeinemg	0	0	FLC	4		0	0	
Theobrominemg	0	0	FLC	4		0	0	

Common Measures:

Measure 1 = 40g: 2 bar Measure 2 = 20g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Am	ount in 10	Amount in edible portion of common							
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	5.5	6	0	FLC	4		1.72			
Energy		480		0	NC	4		149			
Energy	kJ	2007		0	NC	4		622			
Protein	g	7.5	2	0	LC	8		2.33			
Total lipid (fat)	g	20.4	2	0	LC	8		6.33			
Ash	g	1.5	5	0	FLC	4		0.48			
Carbohydrate, by difference	g	64.9	6	0	NC	4		20.14			
Fiber, total dietary	g	3.2		0	LC	8		1.0			
Sugars, total	g	37.6	1	0	LC	8		11.66			
Starch	g										
Minerals:											
Calcium, Ca	ma	65		0	LC	8		20			
Iron. Fe	-	1.1	6	0	LC	8		0.36			
Magnesium, Mg		55	-	0	FLC	4		17			
Phosphorus, P		162		0	FLC	4		50			
Potassium, K		231		0	FLC	4		72			
Sodium, Na	-	269		0	LC	8		83			
Zinc, Zn		1.2	0	0	FLC	4		0.37			
Copper, Cu	mg	0.2	17	0	FLC	4		0.067			
Manganese, Mn	mg	1.1	38	0	FLC	4		0.353			
Selenium, Se	µg	14.6		0	FLC	4		4.5			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.3		0	FLC	4		0.1			
Thiamin	-	0.3		0	FLC	4		0.041			
Riboflavin	-	0.0		0	FLC	4		0.030			
Niacin	-	1.0		0	FLC	4		0.312			
Pantothenic acid	-	0.3		0	FLC	4		0.122			
Vitamin B-6	-	0.1		0	FLC	4		0.036			
Folate, total	-	12		0	FLC	4		4			
Folic acid		0		0	FLC	4		0			
Folate, food		12		0	FLC	4		4			
Folate, DFE		12		0	NC	4		4			
Choline, total		20.2		0	FLC	4		6.2			
Betaine	mg	8.4		0	FLC	4		2.6			
Vitamin B-12	µg	0.0	6	0	FLC	4		0.02			
Vitamin B-12, added	µg	0.0	0	0	FLC	4		0.00			
Vitamin A, RAE	µg	4		0	NC	4		1			
Retinol	µg	4		0	FLC	4		1			
Carotene, beta	µg	1		0	FLC	4		0			
Carotene, alpha	µg	0		0	FLC	4		0			
Cryptoxanthin, beta	µg	0		0	FLC	4		0			
Vitamin A, IU		15		0	NC	4		5			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		43		0	FLC	4		13			
Vitamin E (alpha-tocopherol)		4.1		0	FLC	4		1.30			
Vitamin E, added	-	0.0		0	FLC	4		0.00			
Tocopherol, beta	-	0.0		0	FLC	4		0.01			
Tocopherol, gamma		0.6		0	FLC	4		0.19			
Tocopherol, delta		0.0		0	FLC	4		0.00			
Tocotrienol, alpha		0.1		0	FLC	4		0.05			
Tocotrienol, beta		0.0		0	FLC	4 4		0.00			
Tocotrienol, gamma		0.0			FLC			0.00			
Tocotrienol, delta		0.0		0	FLC	4		0.00			
Vitamin D (D2 + D3)		0.1		0	AS	1		0.0			
Vitamin D2 (ergocalciferol)		0.1		0	FLC	4		0.0			
Vitamin D3 (cholecalciferol)		3		0	FLC	4		0.0 1			
Vitamin D Vitamin K (phylloquinone)		2.0		0	FLC	4		0.6			

	<u>A</u>	moun	t in 100	grams	of edi	ble porti	Amount in edible portion of common			
		Number <u>me</u>								
						Source	Confidence	_		_
Nutrients and Units	Mean	Std.	Error	Points			Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone	.µg 0	. 0		0	FLC	4		0.0		
Menaquinone-4	.µg 0	. 0		0	FLC	4		0.0		
Lipids:										
Fatty acids, total saturated	.g 8	693		0	FLC	4		2.695		
4:0		.000		0	FLC	4		0.000		
6:0		.048		0	FLC	4		0.015		
8:0	•	.587		0	FLC	4		0.182		
10:0	=	.467		0	FLC	4		0.145		
12:0 13:0	=	.675 .000		0	FLC FLC	4 4		1.139 0.000		
14:0	•	.441		0	FLC	4		0.447		
15:0	=	.000		0	FLC	4		0.000		
16:0	-	.545		0	FLC	4		0.479		
17:0	.g 0	.000		0	FLC	4		0.000		
18:0	-	.913		0	FLC	4		0.283		
20:0		.011		0	FLC	4		0.003		
22:0	•	.005		0	FLC FLC	4 4		0.002		
24:0Fatty acids, total monounsaturated	-	.000 .499		0	FLC	4		0.000 1.085		
14:1		.000		0	FLC	4		0.000		
15:1	•	.000		0	FLC	4		0.000		
16:1 undifferentiated	.g 0	.011		0	FLC	4		0.003		
17:1		.000		0	FLC	4		0.000		
18:1 undifferentiated	=	468		0	FLC	4		1.075		
20:1	=	.021		0	FLC	4		0.006		
22:1 undifferentiated24:1 c	-	.000 .000		0	FLC FLC	4 4		0.000		
Fatty acids, total polyunsaturated		.051		0	FLC	4		2.186		
18:2 undifferentiated		.893		0	FLC	4		2.137		
18:3 undifferentiated		.159		0	FLC	4		0.049		
18:4	.g 0	.000		0	FLC	4		0.000		
20:2 n-6 c,c	=	.000		0	FLC	4		0.000		
20:3 undifferentiated	-	.000		0	FLC	4		0.000		
20:4 undifferentiated 20:5 n-3 (EPA)	•	.000 .000		0	FLC FLC	4 4		0.000		
20:5 n-3 (EPA)	=	.000		0	FLC	4		0.000		
22:4	=	.000		0	FLC	4		0.000		
22:5 n-3 (DPA)	=	.000		0	FLC	4		0.000		
22:6 n-3 (DHA)	.g 0	.000		0	FLC	4		0.000		
Fatty acids, total trans		.000		0	LC	8		0.000		
Cholesterol				0	FLC	4		0		
Phytosterols				0	FLC FLC	4 4		3 0		
Stigmasterol	. 3			0	FLC	4		1		
Beta-sitosterol				0	FLC	4		2		
Amino Acids:										
Tryptophan	•	.054		0	FLC	4		0.017		
Threonine		126		0	FLC	4		0.039		
IsoleucineLeucine	•	.153 .294		0	FLC FLC	4 4		0.047 0.091		
Lysine	•	172		0	FLC	4		0.053		
Methionine	•	.069		0	FLC	4		0.021		
Cystine	•	.098		0	FLC	4		0.030		
Phenylalanine	•	200		0	FLC	4		0.062		
Tyrosine	•	.110		0	FLC	4		0.034		
Valine		203		0	FLC	4		0.063		
Arginine	•	.294		0	FLC	4 4		0.091		
HistidineAlanine		.094 .166		0	FLC FLC	4		0.029 0.052		
Aspartic acid	•	316		0	FLC	4		0.032		
Glutamic acid		.013		0	FLC	4		0.314		

Snacks, granola bar, QUAKER, DIPPS, all flavors

	Amount ir	100 grams	Amount in edible portion of common					
		Num ber	measures of food					
Nutrients and Units	Mean Std. Er	of Data ror Points			Confidence Code	Measure 1	Measure 2	Measure 3
Prolineg Serineg	0.343 0.200	0	FLC FLC	4 4		0.106 0.062		
Hydroxyprolineg Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	3	0	FLC	4		1		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am o</u>	unt in 10	u gram s	ot edil	oie portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
						Source	Confidence			•	
Nutrients and Un	ito	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Weari S	sta. 🗀 i oi	1 011113	Jouc	Oouc		weasure i	weasure 2	weasure .	
Proximates:											
Water	g	6.23		0	FLC	4		1.49			
Energy	kcal	408		0	NC	4		98			
Energy	kJ	1708		0	NC	4		410			
Protein (N x 6.25)	g	4.17		1	FLM	4		1.00			
Total lipid (fat)	g	8.33		1	FLM	4		2.00			
Ash	g	2.10		0	0	4		0.50			
Carbohydrate, by difference	g	79.17		1	FLM	4		19.00			
Fiber, total dietary	g	4.2		1	FLM	4		1.0			
Sugars, total	g	29.17		1	FLM	4		7.00			
Starch	g										
Minorola											
Minerals:	ma	333		1	FLM	4		80			
Calcium, Ca	-			1		4					
Iron, Fe		1.50 71		0	FLM FLC	4		0.36 17			
Phosphorus, P		152		0	FLC	4		37			
Potassium, K		224		0	FLC	4		54			
Sodium, Na	-	313		1	FLM	4		75			
Zinc, Zn		1.23		0	FLC	4		0.29			
Copper, Cu	-	0.307	,	0	FLC	4		0.074			
Manganese, Mn		1.389		0	FLC	4		0.333			
Selenium, Se	-	10.1		0	FLC	4		2.4			
, ,											
Vitamins:											
Vitamin C, total ascorbic acid	-	0.5		0	FLC	4		0.1			
Thiamin	-	0.189		0	FLC	4		0.045			
Riboflavin	-	0.076		0	FLC	4		0.018			
Niacin	-	1.064		0	FLC	4		0.255			
Pantothenic acid	-	0.506		0	FLC	4 4		0.122 0.029			
Vitamin B-6	-	0.122 17	i	0	FLC	4		0.029 4			
Folate, total		0		0	FLC FLC	4		0			
Folic acid		17		0	FLC	4		4			
Folate, foodFolate. DFE		17		0	NC	4		4			
Choline, total		24.4		0	FLC	4		5.9			
Betaine	-	21.1		U	FLC	-		3.9			
Vitamin B-12		0.03		0	FLC	4		0.01			
Vitamin B-12, added		0.00		0	FLC	4		0.00			
Vitamin A, RAE		3		0	NC	4		1			
Retinol		0		0	FLC	4		0			
Carotene, beta		32		0	FLC	4		8			
Carotene, alpha		1		0	FLC	4		0			
Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU		54		0	NC	4		13			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		32		0	FLC	4		8			
Vitamin E (alpha-tocopherol)		2.23		0	FLC	4		0.54			
Vitamin E, added		0.00		0	FLC	4		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0			
Vitamin D	<u>I</u> U	0		0	NR	4		0			
Vitamin K (phylloquinone)	µg	2.8		0	FLC	4		0.7			
Dihydrophylloquinone											
Menaquinone-4											

	Amount in 1	00 grams	Amount in edible portion of common					
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	onfidence			
Nutrients and Units	Mean Std. Erro	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	2.083	1	FLM	4		0.500		
4:0	0.004	0	FLC	4		0.001		
6:0g	0.005	0	FLC	4		0.001		
8:0g	0.024	0	FLC	4		0.006		
10:0g	0.024	0	FLC	4		0.006		
12:0g	0.137	0	FLC	4		0.033		
13:0g	0.137	ŭ	120	-		0.033		
14:0g	0.070	0	FLC	4		0.017		
15:0g	0.07.0	•		-		0.017		
16:0g	0.884	0	FLC	4		0.212		
17:0g	0.006	0	FLC	4		0.001		
18:0g	0.887	0	FLC	4		0.213		
_	0.030	0	FLC	4		0.007		
20:0g 22:0g	0.030	0	FLC	4		0.002		
		0		4				
24:0g	0.004	-	FLC			0.001		
Fatty acids, total monounsaturatedg	2.945	0	FLC	4		0.707		
14:1g	0.002	0	FLC	4		0.000		
15:1g	0.000	0	FLC	4		0.000		
16:1 undifferentiatedg	0.025	0	FLC	4		0.006		
17:1g	0.000	0	FLC	4		0.000		
18:1 undifferentiatedg	2.893	0	FLC	4		0.694		
20:1g	0.020	0	FLC	4		0.005		
22:1 undifferentiatedg	0.006	0	FLC	4		0.001		
24:1 cg	0.000	0	FLC	4		0.000		
Fatty acids, total polyunsaturatedg	1.929	0	FLC	4		0.463		
18:2 undifferentiatedg	1.798	0	FLC	4		0.432		
18:3 undifferentiatedg	0.129	0	FLC	4		0.031		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg	0.000	0	FLC	4		0.000		
20:3 undifferentiated	0.000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4		0.000		
21:5g								
22:4g	0.000	0	FLC	4		0.000		
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total transg	0.000	1	FLM	4		0.000		
Cholesterolmg	0	0	NR	4		0		
Phytosterolsmg								
Stigmasterolmg	3	0	FLC	4		1		
Campesterolmg	1	0	FLC	4		0		
Beta-sitosterolmg	7	0	FLC	4		2		
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	5	0	FLC	4		1		
Theobrominemg	57	0	FLC	4		14		

Common Measures:

Measure 1 = 24g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10	ou grams	of edil	ole porti	<u>ion</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of fo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Erroi				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	11.65	5	0	FLC	4		2.80			
Energy	kcal	412		0	NC	4		99			
Energy	kJ	1725		0	NC	4		414			
Protein	g	5.55	5	0	FLC	4		1.33			
Total lipid (fat)	g	12.50)	0	FLC	4		3.00			
Ash	g	0.90)	0	FLC	4		0.22			
Carbohydrate, by difference	g	69.40)	0	FLC	4		16.66			
Fiber, total dietary	g	3.1		0	FLC	4		0.7			
Sugars, total	g	20.80)	0	FLC	4		4.99			
Sucrose	g										
Glucose (dextrose)											
Fructose											
Lactose	3 a										
Maltose	9										
Galactose											
Starcn	9										
Minerals:											
Calcium, Ca	ma	417		1	LC	8		100			
Iron, Fe		2.03	3	1	LC	8		0.49			
Magnesium, Mg	-	48		0	FLC	4		11			
Phosphorus, P		159		0	FLC	4		38			
Potassium, K		199		0	FLC	4		48			
Sodium, Na	-	312		0	LC	8		75			
Zinc, Zn	-	1.34	1	0	FLC	4		0.32			
Copper, Cu		0.16	53	0	FLC	4		0.039			
Manganese, Mn		1.13	33	0	FLC	4		0.272			
Selenium, Se		5.7		0	FLC	4		1.4			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.1		0	FLC	4		0.0			
Thiamin	-	0.19		0	FLC	4		0.045			
Riboflavin	-	0.11		0	FLC	4		0.028			
Niacin	-	1.04		0	FLC	4		0.252			
Pantothenic acid		0.41		0	FLC	4		0.100			
Vitamin B-6	-	0.08	39	0	FLC	4		0.021			
Folate, total		17		0	FLC	4		4			
Folic acid		0		0	FLC	4		0			
Folate, food		17		0	FLC	4		4			
Folate, DFE		17		0	NC	4		4			
Choline, total	-	15.5		0	FLC	4		3.7			
Betaine											
Vitamin B-12		0.09		0	FLC	4		0.02			
Vitamin B-12, added	µg	0.00)	0	FLC	4		0.00			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	FLC	4		0			
Carotene, beta	µg	1		0	FLC	4		0			
Carotene, alpha		0		0	FLC	4		0			
Cryptoxanthin, beta		0		0	FLC	4		0			
Vitamin A, IU	<u>I</u> U	1		0	NC	4		0			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin	µg	47		0	FLC	4		11			
Vitamin E (alpha-tocopherol)	mg	1.52	2	0	FLC	4		0.37			
Vitamin E, added	<u>mg</u>	0.00)	0	FLC	4		0.00			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											

Number Property		<u>An</u>	ount in 1	00 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
Nutrients and Units Nutrients Nu				Number						_
Nutrients and Units						Source C	onfidence			_
Viennin D(D2 D)	Nutrients and Units	Mean	Std. Erro					Measure 1	Measure 2	Measure 3
Viennin D(D2 D)										
Visional K. (s)	•	-								
Visualin Kiph Regulations	,									
Days depylologanome 19								-		
Page and Standard	4 5 1			-		=				
Faty works total saturated. 9 5.008 0 FLC 4 0.000										
41.	<u>Lipids:</u>									
60										
80. 9										
Thich		-								
12-0		=								
13.0		•		-						
150		-		0						
160		•	47	0	FLC	4				
170	15:0	g 0.0	03	0	FLC	4		0.001		
18.0		=								
20.0.		•								
22.0 0 0.006 0 FLC 4 0.006 24.0 0 0.000 0 FLC 4 0.000 Faty acids, total monounsaturated. 0 5.303 0 FLC 4 1.273 14:1 9 0.000 0 FLC 4 0.000 15:1 9 0.000 0 FLC 4 0.000 16:1 undifferentiated. 9 0.000 0 FLC 4 0.000 18:1 undifferentiated. 9 0.004 PLC 4 0.000 18:1 undifferentiated. 9 0.000 0 PLC 4 0.001 22:1 undifferentiated. 9 0.000 0 PLC 4 0.000 18:2 undifferentiated. 9 1.440 0 PLC 4 0.346 18:3 undifferentiated. 9 0.025 0 PLC 4 0.006 20:3 no differentiated. 9 0.000 0		-		-						
24-0.		•		-						
Fatty acids, total monounsaturated. 0 5.303 0 FLC 4 1.273 14:1		•								
14:1. 9 0.000 0 FLC 4 0.000 15:1. 9 0.012 0 FLC 4 0.003 16:1 undifferentiated. 9 0.012 0 FLC 4 0.003 18:1 undifferentiated. 9 0.004 0 FLC 4 0.001 20:1 undifferentiated. 9 0.000 0 FLC 4 0.001 24:1 c. 9 0.000 0 FLC 4 0.000 24:1 c. 9 0.000 0 FLC 4 0.000 24:1 c. 9 0.000 0 FLC 4 0.000 24:1 c. 9 0.000 0 FLC 4 0.346 18.2 undifferentiated. 9 1.415 0 FLC 4 0.006 18.4 c. 9 0.000 0 FLC 4 0.000 20.2 andifferentiated. 9 0.000 0 FLC <		-								
16-1 undifferentiated	•		00	0	FLC	4		0.000		
17-1.	15:1	g 0.0	00	0	FLC	4		0.000		
18.1 undifferentiated.		-		-						
20:1		-								
22:1 undifferentiated. g 0.000 0 FLC 4 0.000		•								
24:1 c g 0.000 0 FLC 4 0.000 Faty acids, total polyunsaturated. g 1.440 0 FLC 4 0.346 18:2 undifferentiated. g 1.415 0 FLC 4 0.006 18:4 g 0.000 0 FLC 4 0.000 20:2 n-6 cc g 0.000 0 FLC 4 0.000 20:3 undifferentiated. g 0.000 0 FLC 4 0.000 20:4 undifferentiated. g 0.000 0 FLC 4 0.000 20:5 n-3 (EPA). g 0.000 0 FLC 4 0.000 21:5. g 0 0.000 0 FLC 4 0.000 22:4. g 0 0.000 0 FLC 4 0.000 22:5 n-3 (DPA). g 0.000 0 FLC 4 0.000 Fatty acids, total trans. g										
Fatty acids, total polyunsaturated		-								
18.2 undifferentiated. 9				-						
18:4 9 0.000 0 FLC 4 0.000 20:2 n-6 c,c. 9 0.000 0 FLC 4 0.000 20:3 undifferentiated 9 0.000 0 FLC 4 0.000 20:5 n-3 (EPA) 9 0.000 0 FLC 4 0.000 21:5 9 9 0.000 0 FLC 4 0.000 22:4 9 22:5 n-3 (DFA) 9 0.000 0 FLC 4 0.000 22:5 n-3 (DFA) 9 0.000 0 FLC 4 0.000 22:5 n-3 (DFA) 9 0.000 0 FLC 4 0.000 22:5 n-3 (DFA) 9 0.000 0 FLC 4 0.000 22:5 n-3 (DFA) 9 0.000 0 FLC 4 0.000 Fatty saids, total trans 9 0.000 0 FLC 4 0 0 PLC 4 0.000<			15	0	FLC	4		0.340		
20:2 n-6 c.c.	18:3 undifferentiated	.g 0.0	25	0	FLC	4		0.006		
20.3 undifferentiated. 9 0.000 0 FLC 4 0.000 20.4 undifferentiated. 9 0.000 0 FLC 4 0.000 20.5 n.3 (EPA). 9 0.000 0 FLC 4 0.000 21.5 9 22.4 9 7 7 7 22.5 n.3 (DPA). 9 0.000 0 FLC 4 0.000 22.6 n.3 (DHA). 9 0.000 0 FLC 4 0.000 23.6 n.3 (DHA). 9 0.000 0 FLC 4 0.000 Fatty acids, total trans. 9 0.000 0 FLC 4 0.000 Fatty acids, total trans. 9 0.000 0 FLC 4 0.000 Fatty acids, total trans. 9 0.000 0 FLC 4 0.000 Fatty acids, total trans. 9 0.000 0 FLC 4 0.000 Fatty acids, total trans. 9 0.000 0 FLC 4 0.000 Fatty acids, total trans. 9 0.000 0 FLC 4 0.000 Fatty acids, total trans. 9 0.018 0 FLC 4 0.004 Threonine. 9 0.039 0 FLC 4 0.009 Include		=		-						
20:4 undifferentiated										
20:5 n-3 (EPA)										
21:5										
22:4	* /	•		·	120	•		0.000		
22:6 n-3 (DHA) 9 0.000 0 FLC 4 0.000 Fatty acids, total trans 9 0.000 0 LC 8 0.000 Cholesterol mg 0 0 FLC 4 0 Phytosterols mg 11 0 FLC 4 3 Amino Acids: Tryptophan 9 0.018 0 FLC 4 0.004 Threonine 9 0.039 0 FLC 4 0.009 Isoleucine 9 0.050 0 FLC 4 0.012 Leucine 9 0.098 0 FLC 4 0.012 Lysine 9 0.032 0 FLC 4 0.008 Methionine 9 0.033 0 FLC 4 0.007 Phenylalanine 9 0.043 0 FLC 4 0.017 Tyrosine 9 0.043 <td< td=""><td></td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>		•								
Fatty acids, total trans. 9 0.000 0 LC 8 0.000 Cholesterol. mg 0 0 FLC 4 0 Phytosterols. mg 11 0 FLC 4 3 Amino Acids: Typtophan. 9 0.018 0 FLC 4 0.004 Threonine. 9 0.039 0 FLC 4 0.009 Isoleucine. 9 0.050 0 FLC 4 0.012 Leucine. 9 0.098 0 FLC 4 0.012 Leucine. 9 0.032 0 FLC 4 0.024 Lysine. 9 0.032 0 FLC 4 0.008 Methionine. 9 0.035 0 FLC 4 0.006 Cystine. 9 0.030 0 FLC 4 0.017 Tyrosine. 9 0.043 0 FLC	22:5 n-3 (DPA)	g 0.0	00	0	FLC	4		0.000		
Cholesterol. mg 0 0 FLC 4 0 Phytosterols. mg 11 0 FLC 4 3 Amino Acids: Tryptophan. g 0.018 0 FLC 4 0.004 Threonine. g 0.039 0 FLC 4 0.009 Isoleucine. g 0.050 0 FLC 4 0.012 Leucine. g 0.098 0 FLC 4 0.024 Lysine. g 0.032 0 FLC 4 0.008 Methionine. g 0.025 0 FLC 4 0.006 Cystine. g 0.030 0 FLC 4 0.007 Phenylalanine. g 0.043 0 FLC 4 0.017 Tyrosine. g 0.058 0 FLC 4 0.014 Arginine. g 0.058 0 FLC										
Phytosterols	•		00							
Amino Acids: Tryptophan 9 0.018 0 FLC 4 0.004 Threonine 9 0.039 0 FLC 4 0.009 Isoleucine 9 0.050 0 FLC 4 0.012 Leucine 9 0.098 0 FLC 4 0.024 Lysine 9 0.032 0 FLC 4 0.008 Methionine 9 0.025 0 FLC 4 0.006 Cystine 9 0.030 0 FLC 4 0.007 Phenylalanine 9 0.072 0 FLC 4 0.017 Tyrosine 9 0.043 0 FLC 4 0.010 Valine 9 0.058 0 FLC 4 0.014 Arginine 9 0.058 0 FLC 4 0.014 Histidine 9 0.046 0 FLC 4										
Tryptophan. g 0.018 0 FLC 4 0.004 Threonine. g 0.039 0 FLC 4 0.009 Isoleucine. g 0.050 0 FLC 4 0.012 Leucine. g 0.098 0 FLC 4 0.024 Lysine. g 0.032 0 FLC 4 0.008 Methionine. g 0.025 0 FLC 4 0.006 Cystine. g 0.030 0 FLC 4 0.007 Phenylalanine. g 0.072 0 FLC 4 0.017 Tyrosine. g 0.043 0 FLC 4 0.010 Valine. g 0.058 0 FLC 4 0.014 Arginine. g 0.058 0 FLC 4 0.014 Histidine. g 0.032 0 FLC 4 0.008 Alanine. g 0.046 0 FLC 4 0.011 Aspartic acid.	•	,g		ŭ	120	•		J		
Threonine 9 0.039 0 FLC 4 0.009 Isoleucine 9 0.050 0 FLC 4 0.012 Leucine 9 0.098 0 FLC 4 0.024 Lysine 9 0.032 0 FLC 4 0.008 Methionine 9 0.025 0 FLC 4 0.006 Cystine 9 0.030 0 FLC 4 0.007 Phenylalanine 9 0.072 0 FLC 4 0.017 Tyrosine 9 0.043 0 FLC 4 0.017 Tyrosine 9 0.043 0 FLC 4 0.010 Valine 9 0.058 0 FLC 4 0.014 Arginine 9 0.058 0 FLC 4 0.014 Histidine 9 0.032 0 FLC 4 0.014 Histidine 9 0.032 0 FLC 4 0.008 Alanine 9 0.046 0 FLC 4 0.011 Aspartic acid 9 0.061 0 FLC 4 0.015		a 0.0	10	0	ET C	4		0.004		
Isoleucine 9 0.050 0 FLC 4 0.012 Leucine 9 0.098 0 FLC 4 0.024 Lysine 9 0.032 0 FLC 4 0.008 Methionine 9 0.025 0 FLC 4 0.006 Cystine 9 0.030 0 FLC 4 0.007 Phenylalanine 9 0.072 0 FLC 4 0.017 Tyrosine 9 0.043 0 FLC 4 0.010 Valine 9 0.058 0 FLC 4 0.014 Arginine 9 0.058 0 FLC 4 0.014 Histidine 9 0.032 0 FLC 4 0.008 Alanine 9 0.046 0 FLC 4 0.011 Aspartic acid 9 0.061 0 FLC 4 0.015		.0								
Leucine 9 0.098 0 FLC 4 0.024 Lysine 9 0.032 0 FLC 4 0.008 Methionine 9 0.025 0 FLC 4 0.006 Cystine 9 0.030 0 FLC 4 0.007 Phenylalanine 9 0.072 0 FLC 4 0.017 Tyrosine 9 0.043 0 FLC 4 0.010 Valine 9 0.058 0 FLC 4 0.014 Arginine 9 0.058 0 FLC 4 0.014 Histidine 9 0.032 0 FLC 4 0.008 Alanine 9 0.046 0 FLC 4 0.011 Aspartic acid 9 0.061 0 FLC 4 0.015		•								
Methionine g 0.025 0 FLC 4 0.006 Cystine g 0.030 0 FLC 4 0.007 Phenylalanine g 0.072 0 FLC 4 0.017 Tyrosine g 0.043 0 FLC 4 0.010 Valine g 0.058 0 FLC 4 0.014 Arginine g 0.058 0 FLC 4 0.014 Histidine g 0.032 0 FLC 4 0.008 Alanine g 0.046 0 FLC 4 0.011 Aspartic acid g 0.061 0 FLC 4 0.015		•		0	FLC	4				
Cystine 9 0.030 0 FLC 4 0.007 Phenylalanine 9 0.072 0 FLC 4 0.017 Tyrosine 9 0.043 0 FLC 4 0.010 Valine 9 0.058 0 FLC 4 0.014 Arginine 9 0.058 0 FLC 4 0.014 Histidine 9 0.032 0 FLC 4 0.008 Alanine 9 0.046 0 FLC 4 0.011 Aspartic acid 9 0.061 0 FLC 4 0.015	Lysine	.g 0.0	32	0	FLC	4		0.008		
Phenylalanine g 0.072 0 FLC 4 0.017 Tyrosine g 0.043 0 FLC 4 0.010 Valine g 0.058 0 FLC 4 0.014 Arginine g 0.058 0 FLC 4 0.014 Histidine g 0.032 0 FLC 4 0.008 Alanine g 0.046 0 FLC 4 0.011 Aspartic acid g 0.061 0 FLC 4 0.015		•								
Tyrosine g 0.043 0 FLC 4 0.010 Valine g 0.058 0 FLC 4 0.014 Arginine g 0.058 0 FLC 4 0.014 Histidine g 0.032 0 FLC 4 0.008 Alanine g 0.046 0 FLC 4 0.011 Aspartic acid g 0.061 0 FLC 4 0.015		•								
Valine 9 0.058 0 FLC 4 0.014 Arginine 9 0.058 0 FLC 4 0.014 Histidine 9 0.032 0 FLC 4 0.008 Alanine 9 0.046 0 FLC 4 0.011 Aspartic acid 9 0.061 0 FLC 4 0.015		•								
Arginine 9 0.058 0 FLC 4 0.014 Histidine 9 0.032 0 FLC 4 0.008 Alanine 9 0.046 0 FLC 4 0.011 Aspartic acid 9 0.061 0 FLC 4 0.015	•	•								
Histidine		.0								
Alanine	2	•								
Tapata atau		.0		0		4				
Glutamic acidg 0.481 0 FLC 4 0.115	Aspartic acid	•								
	Glutamic acid	.g 0.4	81	0	FLC	4		0.115		

	<u>Am c</u>	ount in 10	0 grams	Amount in edible portion of common					
			Number					easures of foo	<u>od</u>
Nutrients and Units	Mean S	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Glycineg	0.052	2	0	FLC	4		0.012		
Prolineg	0.166	5	0	FLC	4		0.040		
Serineg	0.072	2	0	FLC	4		0.017		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	1		0	FLC	4		0		

Common Measures:

Measure 1 = 24g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Am	ount in 10			ole porti	<u>ion</u>		dible portion	
				Number				<u>m</u>	easures or roo	<u>50</u>
							Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duorimotore										
Proximates: Water	a	13.7	0	0	FLC	4				
Energy		342		0	NC	4				
Energy		1431		0	NC	4				
Protein		5.9	0	0	LC	8				
Total lipid (fat)		0.9		0	LC	8				
Ash	_	1.9		0	NC	4				
Carbohydrate, by difference		77.6		0	FLC	4				
Fiber, total dietary		7.4		0	LC	8				
Sugars, total		45.2	4	0	FLM	4				
Sucrose		33.5		0	FLM	4				
Glucose (dextrose)		4.2		0	FLM	4				
Fructose		7.4		0	FLM	4				
Lactose		0.0		0	FLM	4				
Maltose		0.0		0	FLM	4				
Galactose	g	0.0		0	FLM	4				
Starch		24.0		0	FLM	4				
Starcii	9	21.0	•	·		-				
Minerals:										
Calcium, Ca	mg	3		0	LC	8				
Iron, Fe	mg	4.0	0	0	LC	8				
Magnesium, Mg	mg	50		0	FLC	4				
Phosphorus, P		122		0	FLC	4				
Potassium, K		220		0	FLC	4				
Sodium, Na		16	_	0	LC	8				
Zinc, Zn		1.4		0	FLC	4				
Copper, Cu		0.2	34	0	FLC	4				
Manganese, Mn				0		4				
Selenium, Se	µg	8.3		U	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0	FLC	4				
Thiamin	mg	0.0		0	FLC	4				
Riboflavin	_	0.0		0	FLC	4				
Niacin	_	0.4	00	0	FLC	4				
Pantothenic acid										
Vitamin B-6	_	1.5	90	0	FLC	4				
Folate, total		316		0	FLC	4				
Folic acid		302		0	0	4				
Folate, food		14		0	FLM	4				
Folate, DFE		527		0	NC	4				
Choline, total		22.6		0	FLM	4				
Betaine		0.0		0	FLM	4				
Vitamin B-12		0.1		0	FLC	4				
Vitamin A PAE		0.0	U	0	FLM NC	4 4				
Vitamin A, RAE		0		0	NC FLM	4				
Retinol		12		0	FLM	4				
Carotene, beta		0		0	FLM	4				
Carotene, alpha Cryptoxanthin, beta		9		0	FLM	4				
Vitamin A, IU		28		0	NC	4				
Lycopene		0		0	FLM	4				
Lutein + zeaxanthin		113		0	FLM	4				
Vitamin E (alpha-tocopherol)		0.2	2	0	FLM	4				
Vitamin E, added		0.0		0	FLM	4				
Tocopherol, beta			-	•		-				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										

 Tyrosine
 9

 Valine
 9

 Arginine
 9

 Histidine
 9

 Alanine
 9

 Aspartic acid
 9

 Glutamic acid
 9

 Glycine
 9

	Amount in 100 grams of edible portion								
		Number				<u>m</u>	easures of foo	<u>od</u>	
		of Data	Deriv	Source	Confidence				
Nutrients and Units	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, deltamg									
Vitamin D (D2 + D3)	0.0	0	Z	7					
Vitamin DU	0	0	Z	7					
Vitamin K (phylloquinone)µg	1.3	0	FLM	4					
Dihydrophylloquinoneµg									
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturatedg	0.200	0	FLC	4					
4:0g	0.000	0	FLC	4					
6:0g	0.000	0	FLC	4					
8:0g	0.000	0	FLC	4					
10:0g	0.000	0	FLC	4					
12:0g	0.002	0	FLC	4					
13:0g	0.000	0	FLM	4					
14:0g	0.002	0	FLC	4					
15:0g	0.000	0	FLM	4					
16:0g	0.175	0	FLC	4					
17:0g	0.000	0	FLM	4					
18:0g	0.021	0	FLC	4					
20:0g	0.000	0	FLM	4					
22:0g	0.000	0	FLM	4					
24:0g	0.000	0	FLM	4					
Fatty acids, total monounsaturatedg	0.240	0	FLC	4					
14:1g	0.000	0	FLM	4					
15:1g	0.000	0	FLM	4					
16:1 undifferentiatedg	0.001	0	FLC	4					
17:1g	0.000	0	FLM	4					
18:1 undifferentiated	0.241	0	FLC	4					
20:1g	0.000	0	FLC	4					
22:1 undifferentiated	0.000	0	FLC	4					
24:1 cg	0.000	0	FLM	4					
Fatty acids, total polyunsaturated	0.350	0	FLC	4					
18:2 undifferentiatedg	0.332	0	FLC	4					
18:3 undifferentiatedg	0.019	0	FLC	4					
18:4g	0.000	0	FLC	4					
20:2 n-6 c,cg	0.000	0	FLM	4					
20:3 undifferentiatedg	0.000	0	FLM	4					
20:4 undifferentiatedg	0.000	0	FLC	4					
20:5 n-3 (EPA)g	0.000	0	FLC	4					
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000	0	FLC	4					
22:6 n-3 (DHA)g	0.000	0	FLC	4					
Fatty acids, total trans	•	•	_	-					
Cholesterolmg		0	Z	7					
Phytosterolsmg									
Amino Acids:									
Tryptophang									
Threonineg									
Isoleucineg									
Leucineg									
Lysineg									
Methionineg									
Cystineg									
Phenylalanineg									
TyrosineQ									

Snacks, granola bar, fruit-filled, nonfat

	<u>Am ount</u>	t in 100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std.		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Prolineg								
Serineg Hydroxyprolineg	0.000	0	FLM	4				
Others:								
Alcohol, ethylg	0.0	0	Z	7				
Caffeinemg	0	0	FLM	4				
Theobrominemg	0	0	FLM	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		An	ount in 10	u gram s	ot edi	bie portio	<u>on</u>	Amount in edible portion of common			
				Number	•				easures of fo		
						Source (Confidence				
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		6.1	.0	0		9		1.73			
Energy		531		0	NC	4		151			
Energy	kJ	2223		0	NC	4		630			
Protein	g	5.2	:0	0		9		1.47			
Total lipid (fat)	g	32.2	10	0		9		9.13			
Ash	g	1.3	0	0	NR	4		0.37			
Carbohydrate, by difference	g	55.2	:0	0	NC	4		15.65			
Fiber, total dietary	g	6.2		0		9		1.8			
Sugars, total	g	34.2	17	0	0	4		9.72			
Starch											
Minerals:											
Calcium, Ca	_	42		0		9		12			
Iron, Fe	mg	1.7	'5	0		9		0.50			
Magnesium, Mg	mg	56		0		9		16			
Phosphorus, P	mg	154		0		9		44			
Potassium, K	mg	254		0		9		72			
Sodium, Na	mg	152		0		9		43			
Zinc, Zn	mg	1.1	.7	0		9		0.33			
Copper, Cu	mg	0.3	19	0		9		0.090			
Manganese, Mn	mg										
Selenium, Se	µg	16.4		1	MA	12		4.6			
Vitamina											
Vitamins:				•		•					
Vitamin C, total ascorbic acid	_	0.5		0		9		0.1			
Thiamin	_	0.1		0		9		0.040			
Riboflavin	_	0.0		0		9		0.023			
Niacin	_	0.4	:20	0		9		0.119			
Pantothenic acid	_										
Vitamin B-6	_	0.1	.20	0		9		0.034			
Folate, total		9		0		9		3			
Folic acid		0		0	FLA	4		0			
Folate, food		9		0		9		3			
Folate, DFE		9		0	NC	4		3			
Choline, total		12.8		0	FLA	4		3.6			
Betaine	mg										
Vitamin B-12	µg	0.0	7	0		9		0.02			
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00			
Vitamin A, RAE	µg	0		0	NC	4		0			
Retinol	µg	0		0	FLA	4		0			
Carotene, beta	µg	0		0	FLA	4		0			
Carotene, alpha	µg	0		0	FLA	4		0			
Cryptoxanthin, beta	µg	0		0	FLA	4		0			
Vitamin A, IU		0		0	NC	4		0			
Lycopene		0		0	FLA	4		0			
Lutein + zeaxanthin		48		0	FLA	4		14			
Vitamin E (alpha-tocopherol)		0.3	0	0	FLA	4		0.08			
Vitamin E, added		0.0		0	z	7		0.00			
Tocopherol, beta				-	=						
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, applia											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0			
Vitamin D		0.0		ŭ	Z	7		0			
		1.4		0	FLA	4		0.4			
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.4			
Dihydrophylloquinone Menaquinone-4		0.0		U	гцА	4		0.0			

	<u>Am ount</u>	in 100 grams		Amount in edible portion of common measures of food			
		Number				casares or ro	<u> </u>
Nutrients and Units	Mean Std.	of Data Error Points		Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturated	22.720	0		9	6.441		
4:0	0.000	0		4	0.000		
6:0g	0.160	0		4	0.045		
8:0g	1.970	0		4	0.558		
10:0g	1.580	0		4	0.448		
12:0g	11.720	0		4	3.323		
13:0g							
14:0g	4.410	0		4	1.250		
15:0g							
16:0g	2.150	0		4	0.610		
17:0g							
18:0g	0.740	0		4	0.210		
20:0g							
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	4.970	0		9	1.409		
14:1g							
15:1g							
16:1 undifferentiatedg	0.000	0		4	0.000		
17:1g							
18:1 undifferentiatedg	4.970	0		4	1.409		
20:1g	0.000	0		4	0.000		
22:1 undifferentiatedg	0.000	0		4	0.000		
24:1 cg							
Fatty acids, total polyunsaturated	3.100	0		9	0.879		
18:2 undifferentiatedg	3.100	0		4	0.879		
18:3 undifferentiatedg	0.000	0		4	0.000		
18:4g	0.000	0		4	0.000		
20:2 n-6 c,cg							
20:3 undifferentiated	0.000	•		4	0.000		
20:4 undifferentiated	0.000	0		4 4	0.000		
20:5 n-3 (EPA)g	0.000	U		4	0.000		
21:5g							
22:4g	0.000	0		4	0.000		
22:5 n-3 (DPA)g	0.000	0		4	0.000		
22:6 n-3 (DHA)	0.000	U		T	0.000		
Cholesterolg	0	0		4	0		
Phytosterolsmg	U	Ū		-	U		
•							
Others:	^ ^	0		7	0.0		
Alcohol, ethyl	0.0 3	1	MA	12	0.0 1		
Caffeinemg	41	0		4	12		
Theobrominemg	41	0	FLC	4	12		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	u gram s	ot edil	oie porti	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence	_			
Nutrients and Uni	ito	Mean	Std. Error				Code	Measure 1	Measure 2	Magaura	
Nutrients and On	115	Wedii	3tu. 🗀 101	1 011113	Oouc	Oouc		wieasure i	WedSure 2	Measure :	
Proximates:											
Water	g	9.86		0	FLC	4		5.92			
Energy	kcal	389		0	NC	4		233			
Energy	kJ	1626		0	NC	4		975			
Protein (N x 6.25)	g	6.67		1	ГC	8		4.00			
Total lipid (fat)	g	6.67		1	LC	8		4.00			
Ash	-	1.33		0	FLC	4		0.80			
Carbohydrate, by difference	g	75.47		0	NC	4		45.28			
Fiber, total dietary	g	4.6		0	FLC	4		2.8			
Sugars, total	g	31.54		0	FLC	4		18.92			
Starch	g										
Minerals:											
Calcium, Ca	ma	333		1	LC	8		200			
Iron, Fe	_	6.00		1	LC	8		3.60			
Magnesium, Mg		69		0	FLC	4		42			
Phosphorus, P	_	167		1	LC	8		100			
Potassium, K		238		1	LC	8		143			
Sodium, Na	mg	367		1	LC	8		220			
Zinc, Zn	<u>mg</u>	1.42		0	FLC	4		0.85			
Copper, Cu	mg	0.17	3	0	FLC	4		0.104			
Manganese, Mn	mg	1.54	7	0	FLC	4		0.928			
Selenium, Se	µg	16.0		0	FLC	4		9.6			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.9		0	FLC	4		0.5			
Thiamin	_	0.50	0	1	LC	8		0.300			
Riboflavin	_	0.56	7	1	LC	8		0.340			
Niacin	_	6.66	7	1	LC	8		4.000			
Pantothenic acid	mg	0.62	8	0	FLC	4		0.377			
Vitamin B-6	mg	0.66	7	1	LC	8		0.400			
Folate, total	µg	75		0	FLC	4		45			
Folic acid	µg	54		0	FLC	4		33			
Folate, food	µg	20		0	FLC	4		12			
Folate, DFE	µg	113		0	NC	4		68			
Choline, total		47.3		0	FLC	4		28.4			
Betaine											
Vitamin B-12		0.08		0	FLC	4		0.05			
Vitamin B-12, added		0.00		0	FLC	4		0.00			
Vitamin A, RAE		236 235		0	NC	4		141			
Retinol				0	FLC	-		141 2			
Carotene, beta		3 2		0	FLC FLC	4 4		1			
Cryptoventhin bote		1		0	FLC	4		0			
Cryptoxanthin, beta Vitamin A, IU		793		0	NC	4		476			
Lycopene		0		0	FLC	4		0			
Lutein + zeaxanthin		58		0	FLC	4		35			
Vitamin E (alpha-tocopherol)		2.25		1	LC	8		1.35			
Vitamin E, added		0.00		0	FLC	4		0.00			
Tocopherol, beta		0.02		0	FLC	4		0.01			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.1		0	FLC	4		0.1			
Vitamin D		4		0	FLC	4		2			
Vitamin K (phylloquinone)		6.9		0	FLC	4		4.1			
Dihydrophylloquinone	uq	0.0		0	FLC	4		0.0			

	An	ount i	n 100 gr	am s	of edil	ble portio	<u>n</u>	Amount in e	dible portion o	of common
			Num	ber					easures of foo	•
						Source C	Confidence			
Nutrients and Units	Mean	Std. E	rror Poi	nts	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g 1.2	99		0	NC	4		0.779		
4:0	0.0	00		0	FLC	4		0.000		
6:0	•			0	FLC	4		0.000		
8:0				0	FLC FLC	4 4		0.000		
12:0	•			0	FLC	4		0.003		
13:0										
14:0	=			0	FLC	4		0.008		
15:0	=			0	FLC	4		0.000		
16:0				0	FLC FLC	4 4		0.646		
17:0				0	FLC	4		0.000 0.120		
20:0				0	FLC	4		0.001		
22:0		02		0	FLC	4		0.001		
24:0	9									
Fatty acids, total monounsaturated				0	NC	4		0.919		
14:1		00		0	FLC	4		0.000		
15:1	-	40		0	FLC	4		0.024		
17:1 undifferentiated				0	FLC	4		0.000		
18:1 undifferentiated	•			0	FLC	4		0.887		
20:1		12		0	FLC	4		0.007		
22:1 undifferentiated	g 0.0	00		0	FLC	4		0.000		
24:1 c	=									
Fatty acids, total polyunsaturated				0	NC	4 4		1.535		
18:2 undifferentiated				0	FLC FLC	4		1.398 0.124		
18:4				0	FLC	4		0.001		
20:2 n-6 c,c								01002		
20:3 undifferentiated										
20:4 undifferentiated				0	FLC	4		0.007		
20:5 n-3 (EPA)		06		0	FLC	4		0.003		
21:5										
22:5 n-3 (DPA)		00		0	FLC	4		0.000		
22:6 n-3 (DHA)				0	FLC	4		0.002		
Fatty acids, total trans		02		0	FLC	4		0.001		
Cholesterolr	-			0	FLC	4		22		
Phytosterolsr	ng 2			0	FLC	4		1		
Amino Acids:										
Tryptophan	g 0.0	95		0	FLC	4		0.057		
Threonine				0	FLC	4		0.119		
Isoleucine	=			0	FLC	4		0.152		
Leucine	-			0	FLC	4		0.291		
Lysine	=			0	FLC FLC	4 4		0.193 0.074		
Cystine	=			0	FLC	4		0.115		
Phenylalanine	•			0	FLC	4		0.193		
Tyrosine		16		0	FLC	4		0.130		
ValineQ	g 0.3	47		0	FLC	4		0.208		
Arginine				0	FLC	4		0.252		
Histidine	=			0	FLC	4		0.089		
Alanine	=			0	FLC FLC	4 4		0.178 0.345		
Aspartic acid				0	FLC	4		0.345		
Glycine				0	FLC	4		0.179		
Proline	•			0	FLC	4		0.154		
Serine	0.3	33		0	FLC	4		0.200		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g 0.0			0	FLC	4		0.0		

Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors

	An	nount in 10	•		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error		Deriv	Source Co Code	onfidence Code		Measure 2	Measure 3
Caffeinemg Theobrominemg	0		0	FLC FLC	4 4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Menaquinone-4.....µg

Lipids:

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
	Number						measures of food			
		of Data Deriv Source Cor					e Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Natricitis and on		Mean	ota. E i oi					incusure i	Wedsure 2	weasure .
Proximates:										
Water	g	3.1	0	1		1		0.88	0.74	
Energy	kcal	495		0	NC	4		140	119	
Energy	kJ	2071				4		587	497	
Protein (N x 5.7)	g	7.7	0	1		1		2.18	1.85	
Total lipid (fat)		25.5	0	1		1		7.23	6.12	
Ash		1.6	0	1		1		0.45	0.38	
Carbohydrate, by difference	_	62.0		0	NC	4		17.58	14.88	
Fiber, total dietary		4.8		0		4		1.4	1.2	
Sugars, total		1.0		•		-			1.2	
e ,	-									
Starch	9									
Minerals:										
Calcium, Ca	_	32		1		1		9	8	
Iron, Fe	mg	2.5	0	1		1		0.71	0.60	
Magnesium, Mg		81		1		1		23	19	
Phosphorus, P	<u>mg</u>	228		1		1		65	55	
Potassium, K	mg	273		1		1		77	66	
Sodium, Na	<u>mg</u>	256		1		1		73	61	
Zinc, Zn	<u>.</u> mg	1.5	8	1		4		0.45	0.38	
Copper, Cu	mg	0.1	27	1		4		0.036	0.030	
Manganese, Mn	mg	1.3	65	1		4		0.387	0.328	
Selenium, Se	µg	15.0		0	BFZN	4		4.3	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin	_	0.2	80	1		1		0.079	0.067	
Riboflavin		0.0		1		1		0.020	0.017	
Niacin	_	0.6		1		1		0.173	0.146	
Pantothenic acid	_	0.4		1		4		0.132	0.112	
Vitamin B-6	_	0.0		1		4		0.013	0.011	
Folate, total	_	12		1		4		3	3	
Folic acid		0		0	z	7		0	0	
Folate, food		12		1	_	4		3	3	
Folate, DFE		12		0	NC	4		3	3	
Choline, total				•		-			3	
Betaine	• • • • • • • • • • • • • • • • • • • •									
Vitamin B-12		0.0	0	1		4		0.00	0.00	
Vitamin A, RAE		2	-	0	NC	4		1	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta		·		•	_	ŕ		· ·	Ü	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		37		1		4		10	9	
Lycopene		3,		-		4		-0	,	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Managing noquinone										

	An	nount in 1	00 grams	Amount in edible portion of common				
		Num be				<u>m</u>	easures of foo	
Nutrients and Units	Mean	Std. Erro	of Data or Points		Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	.g 12.5	510	0		1	3.547	3.002	
4:0	-							
6:0	•		1 1		1 1	0.023	0.019	
8:0 10:0	-		1		1	0.266 0.213	0.226 0.180	
12:0			1		1	1.588	1.344	
13:0	•							
14:0	.g 2.1	L20	1		1	0.601	0.509	
15:0								
16:0	_	130	1		1	0.689	0.583	
17:0 18:0	-	30	1		1	0.150	0.127	
20:0	_	,50	_		-	0.130	0.127	
22:0	-							
24:0	_							
Fatty acids, total monounsaturated		740	0		1	2.194	1.858	
14:1	_							
15:1 16:1 undifferentiated	-	\E0	1		1	0.014	0.012	
17:1	_	750	1		1	0.014	0.012	
18:1 undifferentiated	-	590	1		1	2.180	1.846	
20:1	-							
22:1 undifferentiated	.g							
24:1 c								
Fatty acids, total polyunsaturated			0		1	1.066	0.902	
18:2 undifferentiated			1 1		1 1	1.038	0.878	
18:3 undifferentiated		100	1		1	0.028	0.024	
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated								
20:5 n-3 (EPA)	.g							
21:5	_							
22:4								
22:5 n-3 (DPA)								
22:6 n-3 (DHA) Fatty acids, total trans	_							
Cholesterol			1		4	0	0	
Phytosterols	-					-	•	
Amino Acids:								
Tryptophan	.q 0.1	42	0		1	0.040	0.034	
Threonine	.0		0		1	0.063	0.053	
Isoleucine	•		0		1	0.082	0.069	
Leucine	=	85	0		1	0.166	0.140	
Lysine	.g 0.3	313	0		1	0.089	0.075	
Methionine	-		0		1	0.038	0.032	
Cystine			0		1	0.065	0.055	
Phenylalanine			0		1	0.111	0.094	
Tyrosine	•		0		1	0.080	0.068	
Valine			0		1 1	0.115 0.169	0.097 0.143	
Arginine Histidine			0		1	0.169	0.143	
Alanine	•		0		1	0.105	0.043	
Aspartic acid	•		0		1	0.198	0.168	
Glutamic acid	•		0		1	0.476	0.403	
Glycine		11	0		1	0.117	0.099	
Proline		125	0		1	0.120	0.102	
Serine		374	0		1	0.106	0.090	
Hydroxyproline	.g							

Snacks, granola bars, hard, almond

Common Measures: Measure 1 = 28.35g: 1 oz Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	Amount in edible portion of common measures of food						
				of Data	Deriv	Source (Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	2.4	0	1		1		0.68	0.58	
	-	438	·	0	NC	4		124	105	
Energy				U	NC					
Energy		1833	_			4		520	440	
Protein (N x 5.8)	-	7.3		1		1		2.07	1.75	
Total lipid (fat)	g	16.3		1		1		4.62	3.91	
Ash	g	1.8	0	1		1		0.51	0.43	
Carbohydrate, by difference	g	72.1	0	0	NC	4		20.44	17.30	
Fiber, total dietary	g	4.4		0		1		1.2	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		1		1		22	18	
Iron, Fe	-	3.0	5	1		1		0.86	0.73	
Magnesium, Mg	-	72		1		4		20	17	
Phosphorus, P		204		1		4		58	49	
Potassium, K		251		1		1		71	60	
Sodium, Na	-	344		1		1		98	83	
Zinc, Zn		1.9	3	1		4		0.55	0.46	
Copper, Cu		0.2		1		4		0.074	0.063	
Manganese, Mn		1.5		1		4		0.427	0.362	
Selenium, Se		12.5		0	FLM	4		3.5	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		1		4		0.0	0.0	
Thiamin	-	0.1		1		1		0.051	0.043	
Riboflavin	-	0.1		1		1		0.028	0.024	
Niacin	-	0.5		1		4		0.157	0.133	
Pantothenic acid		0.5		1		4		0.143	0.121	
Vitamin B-6	-	0.0		1		4		0.016	0.014	
Folate, total	-	13		1		4		4	3	
Folic acid		0		0	z	7		0	0	
Folate, food		13		1	_	4		4	3	
Folate, DFE		13		0	NC	4		4	3	
		13		U	NC	-		4	3	
Choline, total	-									
Betaine Vitamin B-12	-	0.0	1	1		4		0.00	0.00	
		2	_	0	NC	4		1	1	
Vitamin A, RAE		0		0	Z	7		0	0	
		U		U	4	,		U	U	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta		40		-		4		10	1.0	
Vitamin A, IU		42		1		4		12	10	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

Lipids:

	<u>Am</u>	ount in 100 grams	s of edible portion	<u>,</u>		dible portion o	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Co Code Code	• •	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated		0 0	1		3.235	2.738	
4:0	-	0 1	1		0.017	0.014	
6:0 8:0	. •		1		0.017	0.014 0.182	
10:0	-		1		0.173	0.146	
12:0	-	0 1	1		1.290	1.092	
13:0							
14:0		0 1	1		0.488	0.413	
15:0 16:0		0 1	1		0.612	0.518	
17:0		0 1	_		0.612	0.516	
18:0		0 1	1		0.431	0.365	
20:0	.g						
22:0	-						
24:0	_		-		0.746	0 631	
Fatty acids, total monounsaturated	_	0 0	1		0.746	0.631	
15:1	•						
16:1 undifferentiated	-	0 1	1		0.003	0.002	
17:1	.g						
18:1 undifferentiated	-	0 1	1		0.740	0.626	
20:1	-						
22:1 undifferentiated	-						
Fatty acids, total polyunsaturated		0 0	1		0.360	0.305	
18:2 undifferentiated		0 1	1		0.346	0.293	
18:3 undifferentiated	.g 0.05	0 1	1		0.014	0.012	
18:4	-						
20:2 n-6 c,c							
20:3 undifferentiated 20:4 undifferentiated							
20:5 n-3 (EPA)	-						
21:5	-						
22:4	.g						
22:5 n-3 (DPA)							
22:6 n-3 (DHA) Fatty acids, total trans							
Cholesterol		1	4		0	0	
Phytosterols							
Amino Acids:							
Tryptophan	.g 0.13	4 0	1		0.038	0.032	
Threonine	•		1		0.060	0.051	
Isoleucine	.g 0.27	4 0	1		0.078	0.066	
Leucine			1		0.156	0.132	
Lysine			1		0.088	0.075	
Methionine			1 1		0.038 0.063	0.032 0.053	
Phenylalanine	•		1		0.104	0.033	
Tyrosine	•		1		0.078	0.066	
Valine	•		1		0.112	0.095	
Arginine	-		1		0.147	0.124	
Histidine			1		0.046	0.039	
Alanine			1		0.101	0.085	
Aspartic acidGlutamic acid			1 1		0.184 0.424	0.156 0.359	
Glycine	•		1		0.108	0.091	
Proline	.0		1		0.112	0.095	
Serine	g 0.35	9 0	1		0.102	0.086	
Hydroxyproline	.g						

Snacks, granola bars, hard, chocolate chip

Common Measures: Measure 1 = 28.35g: 1 oz Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.4 Fat 8.5 Carbohydrate 3.8

Food Group: 25 Snacks

Refuse:0%

Lipids:

		<u>Am</u>	ount in 10	Amount in edible portion of common measures of food						
				of Data	Deriv	Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.3	0	1		1		0.65	0.55	
Energy	kcal	483		0	NC	4		137	116	
Energy	kJ	2021				4		573	485	
Protein (N x 5.6)	g	9.8	0	1		1		2.78	2.35	
Total lipid (fat)	g	23.8	0	1		1		6.75	5.71	
Ash	g	1.7	0	1		1		0.48	0.41	
Carbohydrate, by difference	g	62.3	0	0	NC	4		17.66	14.95	
Fiber, total dietary		2.9		0		4		0.8	0.7	
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	_	41		1		1		12	10	
Iron, Fe		2.4	0	1		1		0.68	0.58	
Magnesium, Mg	mg	55		1		4		16	13	
Phosphorus, P		139		1		4		39	33	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	291		1		1		82	70	
Sodium, Na	mg	283		1		1		80	68	
Zinc, Zn	mg	1.2		1		4		0.35	0.30	
Copper, Cu		0.2		1		4		0.062	0.052	
Manganese, Mn		0.9	22	1		4		0.261	0.221	
Selenium, Se	µg	15.0		0	FLM	4		4.3	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		1		4		0.1	0.0	
Thiamin	-	0.2	10	1		1		0.060	0.050	
Riboflavin	-	0.0		1		1		0.026	0.030	
Niacin	-	1.9		1		1		0.558	0.473	
Pantothenic acid	-	0.3		1		4		0.110	0.093	
Vitamin B-6	-	0.0		1		4		0.027	0.023	
Folate, total	-	18		1		4		5	4	
Folic acid		0		0	z	7		0	0	
Folate, food		18		1	_	4		5	4	
Folate, DFE		18		0	NC	4		5	4	
Choline, total				•		-		3	-	
Betaine	-									
Vitamin B-12	-	0.0	0	1		4		0.00	0.00	
Vitamin A. RAE		1		0	NC	4		0	0	
Retinol		0		0	z	7		0	0	
Carotene beta		•		·	_	•		·	Ü	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		16		1		4		5	4	
Lycopene				_		-		-	-	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	<u>Ar</u>	nount in 1	00 grams	Amount in edible portion of common				
		Number					easures of foo	
Nutrients and Units	Mean	Std. Erro			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 3.:	200	0		1	0.907	0.768	
4:0 6:0	=							
8:0	=							
10:0	•							
12:0	•	020	2		1	0.006	0.005	
13:0 14:0	=	020	2		1	0.006	0.005	
15:0	•							
16:0	-	210	2		1	0.627	0.530	
17:0	-	200	•					
18:0 20:0	=	900	2		1	0.255	0.216	
22:0	-							
24:0								
Fatty acids, total monounsaturated		000	0		1	1.985	1.680	
14:1 15:1	-							
16:1 undifferentiated	•	010	2		1	0.003	0.002	
17:1								
18:1 undifferentiated	-	910	2		1	1.959	1.658	
20:1	•	080	2		1	0.023	0.019	
22:1 undifferentiated 24:1 c	=							
Fatty acids, total polyunsaturated	=	080	0		1	3.425	2.899	
18:2 undifferentiated		950	2		1	3.388	2.868	
18:3 undifferentiated		110	2		1	0.031	0.026	
18:4								
20:2 n-6 c,c 20:3 undifferentiated								
20:4 undifferentiated		020	2		1	0.006	0.005	
20:5 n-3 (EPA)								
21:5	g							
22:4								
22:5 n-3 (DPA) 22:6 n-3 (DHA)								
Fatty acids, total trans								
Cholesterol			1		4	0	0	
Phytosterols	.mg							
Amino Acids:								
Tryptophan	•	131	0		1	0.037	0.031	
Threonine	•	310	0		1	0.088	0.074	
IsoleucineLeucine	•	350 579	0		1 1	0.099 0.192	0.084 0.163	
Lysine		37 5 376	0		1	0.192	0.103	
Methionine		L44	0		1	0.041	0.035	
Cystine	g 0.:	200	0		1	0.057	0.048	
Phenylalanine	•	502	0		1	0.142	0.120	
Tyrosine	•	383	0		1	0.109	0.092	
ValineArginine	•	155 977	0		1 1	0.129 0.277	0.109 0.234	
Histidine	•	236	0		1	0.067	0.254	
Alanine	•	124	0		1	0.120	0.102	
Aspartic acid	•	059	0		1	0.300	0.254	
Glutamic acid	•	036	0		1	0.577	0.489	
Glycine	•	558 105	0		1 1	0.158	0.134	
Proline Serine	•	195 183	0		1	0.140 0.137	0.119 0.116	
Hydroxyproline	•		-			,		
• • •								

Snacks, granola bars, hard, peanut butter

Common Measures: Measure 1 = 28.35g: 1 oz Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.4 Fat 8.7 Carbohydrate 3.9

Food Group: 25 Snacks

		Amo	ount in 100 g	ı am s	Amount in edible portion of common					
			Nu	mber		measures of food				
			of	Data	Deriv	Source Confid	ence			
Nutrients and Un	its	Mean S	Std. Error Po	oints	Code	Code Cod	Code	Measure 1	Measure 2	Measure
nan onto ana on		ouii V	J. G. 1					mousure :	modouro 2	mousuro
Proximates:										
Water	g	3.90	0.241	27		1		0.82	1.09	0.98
Energy	kcal	471		0	NC	4		99	132	118
Energy	kJ	1972		0	NC	4		414	552	493
Protein (N x 6.25)	g	10.10	0.292	28		1		2.12	2.83	2.53
Total lipid (fat)	g	19.80	0.445	27		1		4.16	5.54	4.95
Ash	g	1.90	0.038	25		1		0.40	0.53	0.48
Carbohydrate, by difference	g	64.40		0	NC	4		13.52	18.03	16.10
Fiber, total dietary	g	5.3		0		4		1.1	1.5	1.3
Sugars, total	g	28.57		0	FLA	4		6.00	8.00	7.14
Starch	g									
Minerals:										
Calcium, Ca	<u>mg</u>	61	2.995			1		13	17	15
Iron, Fe	-	2.95	0.099			1		0.62	0.83	0.74
Magnesium, Mg	_	97	7.625			1		20	27	24
Phosphorus, P		277	4.152			1		58	78	69
Potassium, K	-	336	10.383			1		71	94	84
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	294	7.089			1		62	82	74
Zinc, Zn Copper, Cu		2.03 0.392	,	1 1		1		0.43 0.082	0.57 0.110	0.51
Manganese, Mn	_	1.77		1		1		0.082	0.110	0.44
Selenium, Se		16.2	,	0	FLM	4		3.4	4.5	4.1
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.9	0.001	3		1		0.2	0.3	0.2
Thiamin	_	0.264				1		0.055	0.074	0.06
Riboflavin	_	0.119	0.012	18		1		0.025	0.033	0.03
Niacin	_	1.581	0.287	9		1		0.332	0.443	0.39
Pantothenic acid	mg	0.813	0.294	4		1		0.171	0.228	0.20
Vitamin B-6	mg	0.085	0.010	4		1		0.018	0.024	0.02
Folate, total	µg	23	1.698	3		1		5	6	6
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	23	1.698	3		1		5	6	6
Folate, DFE	µg	23		0	NC	4		5	6	6
Choline, total	_	22.0		0	AS	1		4.6	6.2	5.5
Betaine		6.9		1	A	1		1.5	1.9	1.7
Vitamin B-12		0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE		2		0	NC	4		0	0	0
Retinol		0		0	FLA	4 4		0 4	0	0
Carotene, beta		17 6		0	FLA FLA	4		1	5 2	4 2
Carotene, alpha Cryptoxanthin, beta		0		0	FLA	4		0	0	0
Vitamin A, IU		33		0	NC	4		7	9	8
Lycopene		0		0	FLA	4		0	0	0
Lutein + zeaxanthin		189		0	FLA	4		40	53	47
Vitamin E (alpha-tocopherol)		2.09		0	FLA	4		0.44	0.58	0.52
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	FLA	4		0.0	0.0	0.0
Vitamin D		0		0	NR	4		0	0	0
Vitamin K (phylloquinone)		14.6		0	FLA	4		3.1	4.1	3.7
Dihydrophylloquinone	µg									

	<u>Aı</u>	nount in 10	Amount in edible portion of common							
		Nium hou					measures of food			
Nutrients and Units	Mean	Std. Error		Deriv	Source Confidence Code Code		Measure 2	Measure 3		
Lipids:										
Fatty acids, total saturated	g 2.	370	0		1	0.498	0.664	0.593		
4:0	•	000	0	FLA	4	0.000	0.000	0.000		
6:0	•	000	0	FLA	4	0.000	0.000	0.000		
8:0	=	000 000	0	FLA FLA	4 4	0.000	0.000	0.000		
10:0 12:0	· ·	010	1	FLA	1	0.000	0.000 0.003	0.003		
13:0	•	310	-		-	0.002	0.003	0.003		
14:0	=	010	1		1	0.002	0.003	0.003		
15:0	=									
16:0	g 1.	540	1		1	0.323	0.431	0.385		
17:0	•									
18:0	•	760	1		1	0.160	0.213	0.190		
20:0	•									
22:0 24:0	=									
Fatty acids, total monounsaturated	-	380	0		1	0.920	1.226	1.095		
14:1	=		·		-	0.520	1.220	_,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
15:1										
16:1 undifferentiated	g 0.	010	1		1	0.002	0.003	0.003		
17:1	-									
18:1 undifferentiated	•	370	1		1	0.918	1.224	1.093		
20:1	=	L30	0	FLA	4	0.027	0.036	0.033		
22:1 undifferentiated	•	000	0	FLA	4	0.000	0.000	0.000		
24:1 c	=	250	0		1	2.531	3.374	3.013		
Fatty acids, total polyunsaturated	•		1		1	2.531	3.374	2.998		
18:3 undifferentiated		060	1		1	0.013	0.017	0.015		
18:4		000	0	FLA	4	0.000	0.000	0.000		
20:2 n-6 c,c			-		_					
20:3 undifferentiated										
20:4 undifferentiated	.g 0.	000	0	FLA	4	0.000	0.000	0.000		
20:5 n-3 (EPA)		000	0	FLA	4	0.000	0.000	0.000		
21:5	•									
22:4	=									
22:5 n-3 (DPA)	•	000 000	0	FLA FLA	4 4	0.000	0.000 0.000	0.000		
22:6 n-3 (DHA) Fatty acids, total trans	•	500	U	FLA	4	0.000	0.000	0.000		
Cholesterol			1		4	0	0	0		
Phytosterols										
•										
Amino Acids:	a 0 1	177	0		1	0.027	0.050	0.044		
Tryptophan Threonine	•	L77 264	0		1	0.037 0.055	0.050	0.044 0.066		
Isoleucine	•	352	0		1	0.033	0.074	0.088		
Leucine	=	724	0		1	0.152	0.203	0.181		
Lysine	•	100	0		1	0.084	0.112	0.100		
Methionine	g 0.:	L77	0		1	0.037	0.050	0.044		
Cystine	g 0.	304	0		1	0.064	0.085	0.076		
Phenylalanine	g 0.	179	0		1	0.101	0.134	0.120		
Tyrosine	•	352	0		1	0.074	0.099	0.088		
Valine	•	508	0		1	0.107	0.142	0.127		
Arginine	•	574	0		1	0.142	0.189	0.169		
Histidine	•	216	0		1 1	0.045	0.060	0.054		
AlanineAspartic acid	=	460 330	0		1	0.097 0.174	0.129 0.232	0.115 0.208		
Aspartic acidGlutamic acid	•	975	0		1	0.174	0.232	0.208		
Glycine	.0	199	0		1	0.105	0.140	0.125		
Proline		518	0		1	0.109	0.145	0.130		
Serine	•	1 70	0		1	0.099	0.132	0.118		
Hydroxyproline	=									
Others:										
Alcohol, ethyl	g 0.)	0	FLA	4	0.0	0.0	0.0		
Caffeine	•		0	FLA	4	0	0	0		

NDB No. 19015 Snacks, granola bars, hard, plain

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 bar

Measure 2 = 28g: 1 bar (1 oz)

Measure 3 = 25g: 1 bar

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		An	ount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Num ber					easures of fo		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure :	
Proximates: Water	a	8.7	4	0	FLC	4		3.06			
Energy		455	-	0	NC	4		159			
Energy		1903		0	NC	4		666			
Protein		8.6	0	0	FLC	4		3.01			
Total lipid (fat)	-	20.0		0	FLC	4		7.00			
Ash	-	2.5		0	FLC	4		0.89			
Carbohydrate, by difference		60.1		0	NC	4		21.04			
Fiber, total dietary		4.3		0	FLC	4		1.5			
Sugars, total		34.0		0	FLC	4		11.90			
Starch		34.0	· ·	U	FLC	-		11.90			
Starcii	9										
Minerals:											
Calcium, Ca	mg	136		0	FLC	4		48			
Iron, Fe	mg	1.4	9	0	FLC	4		0.52			
Magnesium, Mg	mg	95		0	FLC	4		33			
Phosphorus, P	mg	192		0	FLC	4		67			
Potassium, K	-	320		0	FLC	4		112			
Sodium, Na	-	486		0	FLC	4		170			
Zinc, Zn		1.4		0	FLC	4		0.49			
Copper, Cu		0.3		0	FLC	4		0.118			
Manganese, Mn		0.9		0	FLC	4		0.327			
Selenium, Se	µg	6.5		0	FLC	4		2.3			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2		0	FLC	4		0.1			
Thiamin	mg	0.1	02	0	FLC	4		0.036			
Riboflavin	mg	0.3	60	0	FLC	4		0.126			
Niacin	mg	1.3	18	0	FLC	4		0.461			
Pantothenic acid	mg	0.3	79	0	FLC	4		0.132			
Vitamin B-6	mg	0.0	72	0	FLC	4		0.025			
Folate, total	µg	18		0	FLC	4		6			
Folic acid	µg	0		0	FLC	4		0			
Folate, food	µg	18		0	FLC	4		6			
Folate, DFE	µg	18		0	NC	4		6			
Choline, total	-	27.1		0	FLC	4		9.5			
Betaine											
Vitamin B-12		0.1		0	FLC	4		0.05			
Vitamin B-12, added		0.0	0	0	FLC	4		0.00			
Vitamin A, RAE		5		0	NC	4		2			
Retinol		5		0	FLC	4		2			
Carotene, beta		1		0	FLC	4		0			
Carotene, alpha		0		0	FLC	4		0			
Cryptoxanthin, beta		0		0	FLC	4		0 7			
Vitamin A, IU		19		0	NC	4					
Lycopene		0 15		0	FLC FLC	4 4		0 5			
Lutein + zeaxanthin		7.6	0	0	FLC	4		5 2.66			
Vitamin E (alpha-tocopherol)		0.0		0	FLC	4		0.00			
Vitamin E, added Tocopherol, beta		0.0		0	FLC	4		0.00			
Tocopherol, gamma		0.1		0	FLC	4		0.03			
Tocopherol, delta		0.0		0	FLC	4		0.00			
Tocotrienol, alpha		0.0		0	FLC	4		0.02			
Tocotrienol, aipna Tocotrienol, beta		0.0		0	FLC	4		0.02			
		0.0		0	FLC	4		0.00			
Tocotrienol, gamma Tocotrienol, delta		0.0		0	FLC	4		0.00			
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0			
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)		0.0		U	1110	-		0.0			
Vitamin D3 (cholecalciferol)											
Vitamin D		0		0	z	7		0			
Vitamin K (phylloquinone)		1.5		0	FLC	4		0.5			

	<u>An</u>	ount in 10		Amount in edible portion of common measures of food					
			Number				<u>m</u>	easures of foc	<u>oa</u>
			of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg	0.0		0	FLC	4		0.0		
Menaquinone-4µg			•		-				
•									
Lipids:									
Fatty acids, total saturatedg	5.6		0	FLC	4		1.984		
4:0g	0.0		0	FLC FLC	4 4		0.006 0.008		
6:0g 8:0g	0.0		0	FLC	4		0.062		
8:0g 10:0g	0.1		0	FLC	4		0.062		
12:0g	2.4		0	FLC	4		0.851		
13:0g	0.0		0	FLC	4		0.000		
14:0	0.9		0	FLC	4		0.318		
15:0g	0.0		0	FLC	4		0.000		
16:0g	1.5		0	FLC	4		0.527		
17:0g	0.0	02	0	FLC	4		0.001		
18:0g	0.3	92	0	FLC	4		0.137		
20:0g	0.0	04	0	FLC	4		0.001		
22:0g	0.0	00	0	FLC	4		0.000		
24:0g	0.0	00	0	FLC	4		0.000		
Fatty acids, total monounsaturatedg	9.4	91	0	FLC	4		3.322		
14:1g	0.0	00	0	FLC	4		0.000		
15:1g	0.0	00	0	FLC	4		0.000		
16:1 undifferentiatedg	0.0	82	0	FLC	4		0.029		
17:1g	0.0	07	0	FLC	4		0.002		
18:1 undifferentiatedg	9.3	99	0	FLC	4		3.290		
20:1g	0.0		0	FLC	4		0.001		
22:1 undifferentiatedg	0.0		0	FLC	4		0.000		
24:1 cg	0.0		0	FLC	4		0.000		
Fatty acids, total polyunsaturatedg	3.6		0	FLC	4		1.275		
18:2 undifferentiatedg	3.6		0	FLC	4		1.270		
18:3 undifferentiatedg	0.0		0	FLC	4		0.005		
18:4g	0.0		0	FLC	4		0.000		
20:2 n-6 c,cg	0.0		0	FLC	4		0.000		
20:3 undifferentiatedg	0.0		0	FLC	4		0.000		
20:4 undifferentiatedg	0.0		0	FLC	4		0.000		
20:5 n-3 (EPA)g	0.0	00	0	FLC	4		0.000		
21:5g									
22:4g	0.0	00	0	FLC	4		0.000		
22:5 n-3 (DPA)	0.0		0	FLC	4		0.000		
22:6 n-3 (DHA)g Fatty acids, total transg	0.0		0	FLC	4		0.002		
Cholesterolg	0	0.5	0	NR.	4		0.002		
Phytosterolsmg	U		J	1410	-		J		
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 19024 Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Refuse:0%

		<u>Am</u>	ount in 100	grams	of edi	ble portion			dible portion	
			N	Num ber				<u>m</u>	easures of fo	od
						Source Co	nfidence			
Nutrients and Ur	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.6	0	2		1		1.26	1.01	
Energy	kcal	466		0		4		163	130	
Energy	kJ	1950				4		682	546	
Protein (N x 6.1)	g	5.8	0	1		1		2.03	1.62	
Total lipid (fat)	g	24.9	0	2		1		8.72	6.97	
Ash		1.5	0	1		1		0.53	0.42	
Carbohydrate, by difference	_	63.8	0	0	NC	4		22.33	17.86	
Fiber, total dietary		3.4		0		1		1.2	1.0	
Sugars, total										
Starch	-									
Minerals:				_		-		2-		
Calcium, Ca	_	103	2	2		1		36	29	
Iron, Fe	_	2.3	3	2		1		0.82	0.65	
Magnesium, Mg		66		1		1		23	18	
Phosphorus, P	_	199		1		1		70	56	
Potassium, K	_	313		1		1		110	88	
Sodium, Na	_	200		2		1		70	56	
Zinc, Zn	_	1.3		1		1		0.46	0.36	
Copper, Cu		0.3		1		1		0.123	0.098	
Manganese, Mn		0.9	30	1		1		0.326	0.260	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0	
Thiamin	_	0.0		2		1		0.032	0.025	
Riboflavin	_	0.2		2		1		0.088	0.070	
Niacin	_	0.7		2		1		0.252	0.202	
Pantothenic acid	_	0.5		1		1		0.179	0.143	
Vitamin B-6	_	0.1		1		1		0.035	0.028	
Folate, total	_	26		1		1		9	7	
Folic acid		0		0	z	7		0	0	
Folate, food		26		1	_	1		9	7	
Folate, DFE		26		0	NC	4		9	, 7	
Choline, total		20		·	110	•		,	,	
Betaine	_									
Vitamin B-12	_	0.5	7	1		1		0.20	0.16	
Vitamin A. RAE		7	,	0	NC	4		2	2	
Retinol		5		0	NC	4		2	1	
		3		Ū	NC	*		-	_	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta		39		1		4		14	11	
Vitamin A, IU		39		_		4		14	11	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

	An	nount in 100 grams	s of edible porti	<u>ion</u>	Amount in e	dible portion o	of common
		Num be	-			easures of foo	
			ı Deriv Source	Confidence			
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
	Wican	3tu. 🗀 101 - ee			Weasure	Wedsure 2	Weasure 5
Fatty acids, total saturated	g 14.2	20 0	1		4.977	3.982	
4:0		00 1	1		0.035	0.028	
6:0		40 1	1		0.014	0.011	
8:0	g 0.1	.30 1	1		0.046	0.036	
10:0	g 0.1	50 1	1		0.053	0.042	
12:0	g 0.6	30 1	1		0.221	0.176	
13:0	g						
14:0	g 0.5	70 1	1		0.200	0.160	
15:0	g						
16:0	g 6.0	40 1	1		2.114	1.691	
17:0	g						
18:0	g 6.5	70 1	1		2.300	1.840	
20:0	g						
22:0	g						
24:0	g						
Fatty acids, total monounsaturated	g 7.7	70 0	1		2.720	2.176	
14:1	g						
15:1	g						
16:1 undifferentiated	g 0.1	90 1	1		0.067	0.053	
17:1	g						
18:1 undifferentiated	g 7.5	80 1	1		2.653	2.122	
20:1	g						
22:1 undifferentiated							
24:1 c							
Fatty acids, total polyunsaturated		20 0	1		0.637	0.510	
18:2 undifferentiated		10 1	1		0.599	0.479	
18:3 undifferentiated		10 1	1		0.039	0.031	
18:4							
20:2 n-6 c,c	-						
20:3 undifferentiated	-						
20:4 undifferentiated	g						
20:5 n-3 (EPA)	-						
21:5	-						
22:4	-						
22:5 n-3 (DPA)	g						
22:6 n-3 (DHA)	g						
Fatty acids, total trans	g						
Cholesterol		1	1		2	1	
Phytosterols	mg						
Amino Acids:			_				
Tryptophan			1		0.025	0.020	
Threonine	-		1		0.079	0.063	
Isoleucine			1		0.095	0.076	
Leucine			1		0.166	0.133	
Lysine			1		0.101	0.081	
Methionine			1		0.040	0.032	
Cystine			1		0.022	0.018	
Phenylalanine	g 0.2	91 0	1		0.102	0.081	
Tyrosine	g 0.2	44 0	1		0.085	0.068	
Valine			1		0.121	0.097	
Arginine			1		0.084	0.067	
Histidine	g 0.1	.05 0	1		0.037	0.029	
Alanine	g 0.2	22 0	1		0.078	0.062	
Aspartic acid	g 0.4	79 0	1		0.168	0.134	
Glutamic acid	g 1.1	12 0	1		0.389	0.311	
Glycine		.77 0	1		0.062	0.050	
Proline		93 0	1		0.138	0.110	
Serine	•		1		0.089	0.071	
Hydroxyproline	-						

Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Common Measures:

Measure 1 = 35g: 1 bar (1.25 oz) Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate 3.6

Food Group: 25 Snacks

Refuse:0%

		Amo	ount in 10	o gram s	oreal	pie portio	<u>)11</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	<u>od</u>	
						Source	Confidence				
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nati lents and on		MCan	ota. 🗖 i oi					Wedsure 1	Wedsure 2	Wedsure	
Proximates:											
Water	g	3.20		1		1		0.91	1.18		
Energy	kcal	508		0	NC	4		144	188		
Energy	kJ	2126		0	NC	4		603	787		
Protein (N x 5.9)	g	10.20		2		1		2.89	3.77		
Total lipid (fat)	g	31.10		2		1		8.82	11.51		
Ash	g	1.90		1		1		0.54	0.70		
Carbohydrate, by difference	g	53.40		0	NC	4		15.14	19.76		
Fiber, total dietary	g	2.8		0		4		0.8	1.0		
Sugars, total	g	23.74		0	FLA	4		6.73	8.78		
Starch											
M:1											
Minerals:		100				_			4.0		
Calcium, Ca	-	108	13.			1		31	40		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.45 67	0.2	221 3 1		1 4		0.41 19	0.54		
Magnesium, Mg		227		1		4		19 64	25 84		
Phosphorus, P Potassium, K		339		1		1		96	125		
Sodium, Na	-	193		2		1		55	71		
Zinc, Zn		1.47		1		4		0.42	0.54		
Copper, Cu	-	0.32	3	1		4		0.092	0.120		
Manganese, Mn		1.35		1		4		0.383	0.500		
Selenium, Se		13.1		0	FLA	4		3.7	4.9		
,		2012		•		=		30.			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.6		1		4		0.2	0.2		
Thiamin	-	0.10		2		1		0.028	0.037		
Riboflavin	mg	0.21		032 3		1		0.060	0.078		
Niacin	-	3.29		067 3		1		0.933	1.217		
Pantothenic acid	-	0.53		1		4		0.150	0.196		
Vitamin B-6	-	0.10	6	1		4		0.030	0.039		
Folate, total		25		1		4		7	9		
Folic acid		0		0	Z	7		0	0		
Folate, food		25		1		4		7	9		
Folate, DFE		25		0	NC	4		7	9		
Choline, total	-	24.7		0	FLA	4		7.0	9.1		
Betaine											
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin B-12, added		0.00		0	FLA	4		0.00	0.00		
Vitamin A, RAE		5		0	NC	4		1	2		
Retinol	· -	5		0	NR	4		1	2		
Carotene, beta		6		0	NR	4		2	2		
Carotene, alpha		0		0	FLA	4		0	0		
Cryptoxanthin, beta		0		0	FLA	4		0	0		
Vitamin A, IU		25		0	NC	4		7	9		
Lycopene		0		0	FLA	4		0	0		
Lutein + zeaxanthin		33		0	FLA	4		9	12		
Vitamin E (alpha-tocopherol)		4.17		0	FLA	4		1.18	1.54		
Vitamin E, added		0.00		0	FLA	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		^ ^		^	-	-					
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D.		0		0	NR	4		0	0		
Vitamin K (phylloquinone) Dihydrophylloquinone		13.2		0	FLA	4		3.8	4.9		

	<u>A</u> 1	nount ii	n 100 gram s	of edi	ble portior	<u>1</u>	Amount in edible portion of commo		
			Number					easures of foo	
					Source C	onfidence			_
Nutrients and Units	Mean	Std. E	ror Points		Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated			0		1		4.822	6.294	
4:0	•	070	1		1		0.020	0.026	
6:0 8:0	0	040 420	1 1		1 1		0.011 0.119	0.015 0.155	
10:0		490	1		1		0.139	0.133	
12:0	-	500	1		1		1.559	2.035	
13:0	g								
14:0	-	150	1		1		0.610	0.796	
15:0	-	420	1		1		1 053	1 625	
16:0 17:0	0	420	1		1		1.253	1.635	
18:0	-	920	1		1		1.111	1.450	
20:0									
22:0									
24:0		- 40	•						
Fatty acids, total monounsaturated	0	540	0		1		1.854	2.420	
15:1									
16:1 undifferentiated	_	120	1		1		0.034	0.044	
17:1	g								
18:1 undifferentiated		390	1		1		1.812	2.364	
20:1		030	1		1		0.009	0.011	
22:1 undifferentiated	•	000	0	FLA	4		0.000	0.000	
24:1 cFatty acids, total polyunsaturated	-	900	0		1		0.539	0.703	
18:2 undifferentiated	0	830	1		1		0.519	0.703	
18:3 undifferentiated	-	070	1		1		0.020	0.026	
18:4	g 0.	000	0	FLA	4		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated	-	010	1		1		0.003	0.004	
20:4 undifferentiated 20:5 n-3 (EPA)		000	0	FLA	4		0.003	0.004 0.000	
21:5	-		· ·		-		0.000	0.000	
22:4	-								
22:5 n-3 (DPA)	0	000	0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)	0	000	0	FLA	4		0.000	0.000	
Fatty acids, total trans Cholesterol	_		1		1		3	4	
Phytosterols			1		1		3	*	
	9								
Amino Acids:		100	0		1		0.035	0.046	
Tryptophan Threonine	0	123 387	0		1 1		0.035 0.110	0.046 0.143	
Isoleucine		456	0		1		0.110	0.143	
Leucine	0	804	0		1		0.228	0.297	
Lysine		519	0		1		0.147	0.192	
Methionine	0	173	0		1		0.049	0.064	
Cystine	0	121	0		1		0.034	0.045	
Phenylalanine		510 431	0		1 1		0.145 0.122	0.189 0.159	
Tyrosine Valine	0	555	0		1		0.122	0.205	
Arginine	0	690	0		1		0.196	0.255	
Histidine		228	0		1		0.065	0.084	
Alanine	0	387	0		1		0.110	0.143	
Aspartic acid		972	0		1		0.276	0.360	
Glutamic acid	0	055 405	0		1 1		0.583	0.760	
Glycine Proline		405 680	0		1		0.115 0.193	0.150 0.252	
Serine	0	491	0		1		0.133	0.182	
Hydroxyproline			-						
Others:									
Alcohol, ethyl	g 0.	0	0	FLA	4		0.0	0.0	
Caffeine			1		1		2	2	

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

	Ar	mount in 10	0 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	42		1		1		12	16	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 37g: 1 bar

Calories Factors: Protein 3.7 Fat 8.6 Carbohydrate 3.8

Food Group: 25 Snacks

Refuse:0%

		Amou	nt in 100 gr	am s	of edi	ble portion	<u>1</u>	Amount in e	dible portion	of common
			Nun	nber					easures of fo	
						Source C	onfidence			
Nutrients and U	Inits	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.45	0.203	3	A	1		2.77	1.81	
Energy	kcal	418		0	NC	4		180	117	
Energy	kJ	1749		0	NC	4		752	490	
Protein (N x 5.8)	g	5.65	0.131	3	A	1		2.43	1.58	
Total lipid (fat)		16.57	1.867	3	A	1		7.13	4.64	
Ash		1.14	0.047	3	A	1		0.49	0.32	
Carbohydrate, by difference	-	70.20		0	NC	4		30.18	19.65	
Fiber, total dietary		3.8	0.371	3	A	1		1.6	1.1	
Sugars, total		28.92	0.938	3	A	1		12.43	8.10	
<u> </u>		16.51	2.869	3	A	1		7.10	4.62	
Sucrose				3		1		2.22		
Glucose (dextrose)		5.16	1.686		A				1.45	
Fructose		2.01	0.756	3	A	1		0.87	0.56	
Lactose		0.50	0.251	3	A	1		0.22	0.14	
Maltose		4.73	0.890	3	A	1		2.03	1.32	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g	21.95	2.187	3	A	1		9.44	6.15	
Minerals:										
Calcium, Ca	ma	41	7.419	3	A	1		17	11	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.19	0.031	3	A	1		0.94	0.61	
Magnesium, Mg		64	1.778	3	A	1		27	18	
Phosphorus, P		176	3.606	3	A	1		76	49	
Potassium, K		237	20.108	3	A	1		102	66	
		251	20.100	0	NR.	4		108	70	
Sodium, NaZinc, Zn		1.30	0.049	3	A	1		0.56	0.36	
		0.273	0.019	3	A	1		0.117	0.076	
Copper, Cu		1.263	0.024	3	A	1		0.543	0.076	
Manganese, Mn Selenium, Se		11.1	0.032	3	A	1		4.8	3.1	
			0.033	•		-		1.0	J.1	
<u>Vitamins:</u>				_		_				
Vitamin C, total ascorbic acid	-	0.0		1		1		0.0	0.0	
Thiamin	_	0.169	0.021	3	A	1		0.072	0.047	
Riboflavin	•	0.082	0.007	3	A	1		0.035	0.023	
Niacin	-	0.765	0.120	3	A	1		0.329	0.214	
Pantothenic acid	mg	0.341	0.022	3	A	1		0.146	0.095	
Vitamin B-6	mg	0.066	0.006	3	A	1		0.029	0.019	
Folate, total	µg	16	0.333	3	A	1		7	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	16	0.333	3	A	1		7	5	
Folate, DFE	µg	16		0	NC	4		7	5	
Choline, total	mg	16.7		0	AS	1		7.2	4.7	
Betaine	mg	21.6		1	A	1		9.3	6.0	
Vitamin B-12	µq	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta		0		0	NR	4		0	0	
Carotene, alpha		0		0	NR	4		0	0	
Cryptoxanthin, beta		0		0	NR	4		0	0	
Vitamin A, IU		0		0	AS	1		0	0	
		0		0	NR	4		0	0	
Lycopene		0		0		4		0	0	
Lutein + zeaxanthin			0 000		NR	1				
Vitamin E (alpha-tocopherol)		0.31	0.092	3	A			0.13	0.09	
Vitamin E, added		0.00	0 010	0	Z	7		0.00	0.00	
Tocopherol, beta		0.03	0.010	3	A	1		0.02	0.01	
Tocopherol, gamma		2.22	0.583	3	A	1		0.95	0.62	
	ma	0.89	0.246	3	A	1		0.38	0.25	
Tocopherol, delta Tocotrienol, alpha		0.24	0.081	3	A	1		0.10	0.07	

	<u>Am</u>	Amount in 100 grams of edible portion Number							dible portion c	
Nutrients and Units	Mean	Std. Erro	of D	ata			Confidence Code	Measure 1	Measure 2	— Measure 3
				_	_	_				
Tocotrienal dalta				3	A A	1 1		0.01 0.00	0.01 0.00	
Tocotrienol, delta Vitamin D (D2 + D3)	0	, ,		0	z	7		0.0	0.00	
Vitamin D2 (ergocalciferol)				•	-	•		0.0	0.0	
Vitamin D3 (cholecalciferol)										
Vitamin D				0	Z	7		0	0	
Vitamin K (phylloquinone)		2	.515	3	A	1		7.1	4.6	
Dihydrophylloquinone	ıg 14.5	2	.551	3	A	1		6.2	4.1	
Menaquinone-4	1 g									
Lipids:										
Fatty acids, total saturated	6.00	51		0	NC	4		2.606	1.697	
4:0				0	NR	4		0.000	0.000	
6:0				0	NR	4		0.000	0.000	
8:0			.080	3	A	1		0.085	0.055	
10:0		53 0	.062	3	A	1		0.066	0.043	
12:0		57 0	.475	3	A	1		0.498	0.324	
13:0										
14:0		30 0	170	3	A	1		0.185	0.120	
15:0)									
16:0	2.1	75 0	272	3	A	1		0.935	0.609	
17:0	3									
18:0				3	A	1		0.789	0.514	
20:0				3	A	1		0.028	0.018	
22:0	=	33 0	.003	3	A	1		0.014	0.009	
24:0										
Fatty acids, total monounsaturated				0	NC	4		2.996	1.951	
14:1				3	A	1		0.000	0.000	
15:1				3	A	1		0.000	0.000	
16:1 undifferentiated	=	L9 0	.002	3	A	1		0.008	0.005	
17:1		16 0	.715	3	A	1		2 074	1 026	
18:1 undifferentiated				3	A	1		2.974 0.014	1.936 0.009	
22:1 undifferentiated				0	NR	4		0.000	0.009	
24:1 c		, ,		•	2125	•		0.000	0.000	
Fatty acids, total polyunsaturated		76		0	NC	4		0.677	0.441	
18:2 undifferentiated				3	A	1		0.650	0.423	
18:3 undifferentiated		54		0	AS	1		0.027	0.018	
18:3 n-3 c,c,c (ALA)		50 0	.010	3	A	1		0.026	0.017	
18:3 n-6 c,c,c		04 0	.004	3	A	1		0.002	0.001	
18:3i										
18:4	0.00	00		0	NR	4		0.000	0.000	
20:2 n-6 c,c	0.00	0 0	.000	3	A	1		0.000	0.000	
20:3 undifferentiated	0.00	0 0	.000	3	A	1		0.000	0.000	
20:3 n-3										
20:3 n-6										
20:4 undifferentiated		00 0	.000	3	A	1		0.000	0.000	
20:4 n-6				_						
20:5 n-3 (EPA)		00		0	NR	4		0.000	0.000	
21:5	•									
22:5 n-3 (DPA)	,	10		0	NR	4		0.000	0.000	
22:6 n-3 (DHA)				0	Z	7		0.000	0.000	
Fatty acids, total trans		, ,		•	_	•		0.000	0.000	
Cholesterol				1	A	1		0	0	
Phytosterols	=			_		_		-	-	
•										
Amino Acids:	0.0	:0		0	7	1		0.035	0.016	
Tryptophan				0	A A	1		0.025 0.082	0.016	
Threonine				0	A A	1		0.082	0.054 0.062	
Isoleucine	,			0	A A	1		0.095	0.062	
Lysine	•			0	A	1		0.187	0.121	
Methionine				0	A	1		0.044	0.029	
Cystine	•			0	A	1		0.061	0.040	
C) 00110	,	-		-		-		J. J. J	0.010	

	Amount in 10	<u>) gram s</u> Num ber	<u>1</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Error				onfidence Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.293	0	A	1		0.126	0.082	
Tyrosineg	0.188	0	A	1		0.081	0.053	
Valineg	0.305	0	A	1		0.131	0.085	
Arginineg	0.387	0	A	1		0.167	0.108	
Histidineg	0.139	0	A	1		0.060	0.039	
Alanineg	0.262	0	A	1		0.113	0.073	
Aspartic acidg	0.460	0	A	1		0.198	0.129	
Glutamic acidg	1.243	0	A	1		0.535	0.348	
Glycineg	0.270	0	A	1		0.116	0.075	
Prolineg	0.349	0	A	1		0.150	0.098	
Serineg	0.296	0	A	1		0.127	0.083	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz) Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

NDB No. 19405 Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	<u>oa</u>	
				of Data	Deriv	Source (Confidence				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	6.0	0	1		1		1.68			
Energy	kcal	427		0	NC	4		120			
Energy	kJ	1787		0		4		500			
Protein (N x 5.8)		6.1	0	1		1		1.71			
Total lipid (fat)	g	15.5	0	1		1		4.34			
Ash	g	1.6	0	1		1		0.45			
Carbohydrate, by difference	g	70.8	0	0	NC	4		19.82			
Fiber, total dietary	g	4.0		0		1		1.1			
Sugars, total	g										
Starch											
Minerals:											
	ma	89		1		1		25			
Calcium, CaIron, Fe	_	2.5	7	1		1		25 0.72			
Magnesium, Mg	_	71	,	1		1		20			
Phosphorus, P		202		1		1		57			
Potassium, K	_	275		1		1		77			
Sodium, Na	_	316		1		1		88			
Zinc, Zn	_	1.3	0	1		1		0.36			
Copper, Cu		0.2		1		1		0.078			
Manganese, Mn	_	1.2		1		1		0.358			
Selenium, Se		15.4		0	BFZN	4		4.3			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0			
Thiamin	_	0.1	40	1		1		0.039			
Riboflavin	_	0.1		1		1		0.042			
Niacin	_	1.0		1		1		0.280			
Pantothenic acid		0.3		1		1		0.106			
Vitamin B-6	_	0.0		1		1		0.014			
Folate, total	_	21		1		1		6			
Folic acid		0		0	Z	7		0			
Folate, food	· -	21		1		1		6			
Folate, DFE		21		0	NC	4		6			
Choline, total											
Betaine											
Vitamin B-12		0.0	0	1		4		0.00			
Vitamin A, RAE	µg	2		0	NC	4		1			
Retinol	µg	0		0	Z	7		0			
Carotene, beta	µg										
Carotene, alpha	µg										
Cryptoxanthin, beta	µg										
Vitamin A, IU	JU	47		1		4		13			
Lycopene	µg										
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone) Dihydrophylloquinone											
Menaquinone-4											

Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

	<u>An</u>	ount in 10	0 grams	of edil	<u>on</u>		dible portion o		
			Number				<u>m (</u>	easures of foo	<u>d</u>
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 9.1	80	0		1		2.570		
4:0	•		·		-		20070		
6:0		60	1		1		0.017		
8:0	g 0.6	20	1		1		0.174		
10:0	g 0.4	90	1		1		0.137		
12:0	g 3.6	30	1		1		1.016		
13:0									
14:0		80	1		1		0.386		
15:0		00	-		-				
16:0		00	1		1		0.560		
17:0 18:0		00	1		1		0.280		
20:0	•	00	_		-		0.200		
22:0	=								
24:0	=								
Fatty acids, total monounsaturated	-	20	0		1		0.818		
14:1	g								
15:1	-								
16:1 undifferentiated	=	50	1		1		0.014		
17:1	-								
18:1 undifferentiated	-	70	1		1		0.804		
20:1	-								
22:1 undifferentiated 24:1 c	-								
Fatty acids, total polyunsaturated		50	0		1		0.714		
18:2 undifferentiated			1		1		0.675		
18:3 undifferentiated	-		1		1		0.036		
18:4									
20:2 n-6 c,c	=								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3 (EPA)	=								
21:5	=								
22:4									
22:5 n-3 (DPA) 22:6 n-3 (DHA)									
Fatty acids, total trans									
Cholesterol			0	NR	4		0		
Phytosterols									
Amino Acids:									
Tryptophan	q 0.0	86	0		1		0.024		
Threonine	•		0		1		0.058		
Isoleucine	•		0		1		0.069		
Leucine	•		0		1		0.128		
Lysine		46	0		1		0.069		
Methionine	g 0.1	17	0		1		0.033		
Cystine	g 0.1	40	0		1		0.039		
Phenylalanine	g 0.3	18	0		1		0.089		
Tyrosine	-		0		1		0.059		
Valine	=		0		1		0.094		
Arginine	=		0		1		0.127		
Histidine			0		1		0.041		
Alanine			0		1		0.087		
Aspartic acidGlutamic acid			0		1 1		0.146 0.368		
Glycine	•		0		1		0.085		
Proline	•		0		1		0.083		
Serine	•		0		1		0.077		
Hydroxyproline	•		-						
уу <u>г</u>	<u> </u>								

Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 100	grams	of edil	ole portio	<u>n</u>	Amount in e	dible portion	of common
			1	Number					easures of fo	
						Source (Confidence			
Nutrients and Un	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	6.1	.0	1		1		1.71		
Energy		454		0	NC	4		127		
Energy	kJ	1900		0		4		532		
Protein (N x 5.7)	g	8.0	0	1		1		2.24		
Total lipid (fat)	g	20.4	0	1		1		5.71		
Ash	g	1.9	0	1		1		0.53		
Carbohydrate, by difference	g	63.6	0	0	NC	4		17.81		
Fiber, total dietary	g	5.6		0		1		1.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	_	84		1		1		24		
Iron, Fe	mg	2.1	8	1		1		0.61		
Magnesium, Mg	mg	91		1		1		25		
Phosphorus, P	mg	241		1		1		67		
Potassium, K	mg	392		1		1		110		
Sodium, Na		254		1		1		71		
Zinc, Zn	mg	1.6	0	1		1		0.45		
Copper, Cu	mg	0.3	80	1		1		0.106		
Manganese, Mn	mg	1.2	00	1		1		0.336		
Selenium, Se	µg	15.4		0	BFZN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.1	90	1		1		0.053		
Riboflavin	mg	0.1	90	1		1		0.053		
Niacin	mg	2.6	10	1		1		0.731		
Pantothenic acid	mg	0.4	30	1		1		0.120		
Vitamin B-6	mg	0.1	20	1		1		0.034		
Folate, total	µg	30		1		1		8		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	30		1		1		8		
Folate, DFE	µg	30		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.2	4	1		1		0.07		
Vitamin A, RAE	µg	2		0	NC	4		1		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		41		1		4		11		
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg									
Vitamin D										
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

	<u>A</u>	nount in 1	00 grams	of edil	ble portic	on_		dible portion c	
			Number				<u>m (</u>	easures of foo	<u>d</u>
Nutrients and Units	Mean	Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	ı 9.	540	0		1		2.671		
4:0									
6:0		060	1		1		0.017		
8:0	•	570	1		1		0.188		
10:0	,	530	1		1		0.148		
12:0		990	1		1		1.117		
14:0		540	1		1		0.431		
15:0			_		_				
16:0		090	1		1		0.585		
17:0									
18:0	,	560	1		1		0.185		
20:0									
22:0									
Fatty acids, total monounsaturated		220	0		1		1.182		
14:1									
15:1									
16:1 undifferentiatedQ		040	1		1		0.011		
17:1					-		1 150		
18:1 undifferentiated		L40 D30	1 1		1 1		1.159 0.008		
22:1 undifferentiated		330	_		-		0.008		
24:1 c									
Fatty acids, total polyunsaturated	5.	520	0		1		1.546		
18:2 undifferentiated	5.	360	1		1		1.501		
18:3 undifferentiatedQ		L70	1		1		0.048		
18:49									
20:2 n-6 c,c									
20:3 undifferentiated									
20:5 n-3 (EPA)									
21:5									
22:4	j								
22:5 n-3 (DPA)	1								
22:6 n-3 (DHA)									
Fatty acids, total trans			•				•		
Cholesterolr Phytosterolsr	_		0	NR	4		0		
3 · · · · · · · · · · · · · · · · · · ·	iig								
Amino Acids:									
TryptophanQ	•)99 260	0		1		0.028		
Threonine		260 301	0		1 1		0.073 0.084		
Isoleucine		543	0		1		0.084		
Lysine	•	300	0		1		0.084		
Methionine	•	137	0		1		0.038		
Cystine		L61	0		1		0.045		
Phenylalanine	0.	387	0		1		0.108		
TyrosineQ		259	0		1		0.073		
ValineQ	•	397	0		1		0.111		
Arginine	•	535	0		1		0.178		
Histidine	,	L86	0		1		0.052		
Alanine		372 712	0		1 1		0.104 0.199		
Aspartic acid		712 545	0		1		0.199		
Glycine	•	391	0		1		0.109		
Proline		397	0		1		0.111		
Serine		345	0		1		0.097		
HydroxyprolineQ	J								

Snacks, granola bars, soft, uncoated, nut and raisin

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edil	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source C	onfidence			
Nutrients and Un	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Nutrients and or	1113	Mean	ota. E i oi					incusure i	weasure 2	Measure
Proximates:										
Water	g	7.3	0	2		1		2.04		
Energy	kcal	426		0	NC	4		119		
Energy		1782		0		4		499		
Protein (N x 5.6)		10.5	0	2		1		2.94		
Total lipid (fat)	g	15.8	0	2		1		4.42		
Ash		2.1	0	2		1		0.59		
Carbohydrate, by difference	-	64.4	0	0	NC	4		18.03		
Fiber, total dietary		4.3		0		1		1.2		
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	<u>m</u> g	91		2		1		25		
Iron, Fe	-	2.1	3	2		1		0.60		
Magnesium, Mg	mg	86		1		1		24		
Phosphorus, P	mg	250		1		1		70		
Potassium, K	mg	291		2		1		81		
Sodium, Na	mg	409		2		1		115		
Zinc, Zn	mg	1.8	6	1		1		0.52		
Copper, Cu	mg	0.6		1		1		0.185		
Manganese, Mn		1.4	00	1		1		0.392		
Selenium, Se	µg	18.9		0	FLM	4		5.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0		
Thiamin	-	0.2	28	2		1		0.064		
Riboflavin	-	0.1		2		1		0.041		
Niacin	-	3.1		2		1		0.880		
Pantothenic acid	-	0.5		1		1		0.151		
Vitamin B-6	-	0.1		2		1		0.029		
Folate, total	-	32		2		1		9		
Folic acid		0		0	z	7		0		
Folate, food		32		2	_	1		9		
Folate, DFE		32		0	NC	4		9		
Choline, total				•		-				
Betaine	-									
Vitamin B-12		0.2	0	1		1		0.06		
Vitamin A, RAE		2		0	NC	4		0		
Retinol		1		0	NC	4		0		
Carotene, beta		-		•		-		ū		
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		14		1		4		4		
Lycopene				-		-		-		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

		<u>Am o</u>	ount in 10	0 grams	of edil	ble porti	<u>ion</u>		dible portion o	
				Number		_		<u>m (</u>	easures of foo	<u>a</u>
Nutrients and Units	Mea	an S	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	a	3.650)	0		1		1.022		
4:0										
6:0	g	0.010)	1		1		0.003		
8:0	-	0.150		1		1		0.042		
10:0	•	0.120		1		1		0.034		
12:0 13:0	-	0.890)	1		1		0.249		
14:0		0.340)	1		1		0.095		
15:0				_		_				
16:0		1.670)	1		1		0.468		
17:0	g									
18:0	=	0.460)	1		1		0.129		
20:0	-									
22:0	•									
24:0Fatty acids, total monounsaturated	-	6.590)	0		1		1.845		
14:1		0.550	•	ŭ		-		1.015		
15:1	-									
16:1 undifferentiated	.g	0.010)	1		1		0.003		
17:1	-									
18:1 undifferentiated	•	6.410		1		1		1.795		
20:1	-	0.160)	1		1		0.045		
22:1 undifferentiated	-									
24:1 cFatty acids, total polyunsaturated		4.270		0		1		1.196		
18:2 undifferentiated		4.220		1		1		1.182		
18:3 undifferentiated		0.030		1		1		0.008		
18:4	-									
20:2 n-6 c,c	-									
20:3 undifferentiated	.g									
20:4 undifferentiated	-	0.020)	1		1		0.006		
20:5 n-3 (EPA)	-									
21:5	-									
22:4 22:5 n-3 (DPA)	-									
22:6 n-3 (DHA)	-									
Fatty acids, total trans	-									
Cholesterol		0		0	NR	4		0		
Phytosterols	.mg									
Amino Acids:										
Tryptophan	.g	0.110)	0		1		0.031		
Threonine		0.350)	0		1		0.098		
Isoleucine	g	0.374	<u> </u>	0		1		0.105		
Leucine		0.696		0		1		0.195		
Lysine	=	0.374		0		1		0.105		
Methionine		0.148		0		1		0.041		
Cystine		0.153		0		1 1		0.043		
Phenylalanine		0.531		0		1		0.149		
TyrosineValine		0.417		0		1		0.117 0.130		
Arginine	=	1.107		0		1		0.310		
Histidine		0.256		0		1		0.072		
Alanine	•	0.441		0		1		0.123		
Aspartic acid	=	1.158		0		1		0.324		
Glutamic acid		2.121	_	0		1		0.594		
Glycine	g	0.584	Ŀ	0		1		0.164		
Proline		0.471		0		1		0.132		
Serine		0.499)	0		1		0.140		
Hydroxyproline	g									

Snacks, granola bars, soft, uncoated, peanut butter

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate4

Food Group: 25 Snacks

NDB No. 19027 Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Refuse:0%

		Am	ount in 10	u gram s	ot edi	bie porti	<u>on</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	od_
				of Data	Deriv	Source	Confidence			
Nutrients and U	Inits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	5.9	0	1		1		1.65		
Energy	_	432		0		4		121		
Energy		1807		Ū		4		506		
0.		9.8	0	1		1		2.74		
Protein (N x 5.6)	_									
Total lipid (fat)		20.0	-	1		1		5.60		
Ash	_	2.0		1		1		0.56		
Carbohydrate, by difference	g	62.2		0	NC	4		17.42		
Fiber, total dietary	g	4.2		0		1		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	80		1		1		22		
Iron, Fe	-	1.9	4	1		1		0.54		
Magnesium, Mg		88	-	1		1		25		
, ,	•	262		1		1		73		
Phosphorus, P		377		1		1		106		
Potassium, K	_					1				
Sodium, Na	-	328	_	1		_		92		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.7		1		1		0.48		
Copper, Cu		0.4		1		1		0.112		
Manganese, Mn	_	1.3	50	1		1		0.378		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.1	20	1		1		0.034		
Riboflavin	mg	0.1	20	1		1		0.034		
Niacin	mg	3.1	50	1		1		0.882		
Pantothenic acid	mg	0.5	30	1		1		0.148		
Vitamin B-6	mg	0.1	00	1		1		0.028		
Folate, total	uq	33		1		1		9		
Folic acid		0		0	Z	7		0		
Folate, food		33		1		1		9		
Folate, DFE		33		0	NC	4		9		
Choline, total				-		_		-		
Betaine	_									
Vitamin B-12		0.4	5	1		1		0.13		
Vitamin A. RAE		2	J	0	NC	4		0		
Retinol		1		0	NC	4		0		
Carotene beta	µg ua	_		U	NC	-		U		
curotene, cetammini										
Carotene, alpha										
Cryptoxanthin, beta				_				•		
Vitamin A, IU		12		1		4		3		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)										
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone										
Menaquinone-4										

		<u>Am o</u>	unt in 10	0 grams	of edil	ble porti	<u>on</u>		dible portion o	
				Number				<u>m</u> (easures of foo	<u>d</u>
Nutrients and Units	Mea	ın S	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	a	5.590)	0		1		1.565		
4:0	•									
6:0	g	0.010)	1		1		0.003		
8:0	-	0.100		1		1		0.028		
10:0	•	0.080		1		1		0.022		
12:0 13:0	•	0.590)	1		1		0.165		
14:0		0.240)	1		1		0.067		
15:0				_		_				
16:0		2.730)	1		1		0.764		
17:0										
18:0	3	1.850)	1		1		0.518		
20:0	-									
22:0 24:0	-									
Fatty acids, total monounsaturated	-	8.360)	0		1		2.341		
14:1				-		_				
15:1	-									
16:1 undifferentiated	.g	0.020)	1		1		0.006		
17:1	•									
18:1 undifferentiated	-	8.170		1		1		2.288		
20:1	-	0.180)	1		1		0.050		
22:1 undifferentiated 24:1 c	-									
Fatty acids, total polyunsaturated		4.610)	0		1		1.291		
18:2 undifferentiated	g q	4.540		1		1		1.271		
18:3 undifferentiated		0.030		1		1		0.008		
18:4	-									
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.030)	1		1		0.008		
20:5 n-3 (EPA)	-									
22:4	-									
22:5 n-3 (DPA)	-									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	-	1		1		1		0		
Phytosterols	.mg									
Amino Acids:										
Tryptophan	g	0.101	_	0		1		0.028		
Threonine	•	0.330		0		1		0.092		
Isoleucine	•	0.348		0		1		0.097		
Leucine	.0	0.641		0		1		0.179		
Lysine	.0	0.357		0		1		0.100		
Methionine Cystine	•	0.131		0		1 1		0.037 0.038		
Phenylalanine		0.497		0		1		0.139		
Tyrosine	•	0.389		0		1		0.109		
Valine	•	0.433		0		1		0.121		
Arginine	•	1.046		0		1		0.293		
Histidine		0.236	5	0		1		0.066		
Alanine	g	0.407	,	0		1		0.114		
Aspartic acid	•	1.105		0		1		0.309		
Glutamic acid	•	1.973		0		1		0.552		
Glycine	.0	0.551		0		1		0.154		
Proline	.0	0.444		0		1 1		0.124 0.131		
Serine	•	0.409	•	U		_		0.131		
ттушохургоние	ਬ									

Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Num ber					easures of fo	
						Source (Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:_										
Water	g	6.4	0	1		1		1.79		
Energy	kcal	443		0	NC	4		124		
Energy	kJ	1854		0		4		519		
Protein (N x 5.9)	g	7.4	0	2		1		2.07		
Total lipid (fat)		17.2	0	2		1		4.82		
Ash		1.7	0	1		1		0.48		
Carbohydrate, by difference	_	67.3	0	0	NC	4		18.84		
Fiber, total dietary		4.6		0	110	1		1.3		
		1.0		J		-		1.3		
Sugars, total	_									
Starch	y									
Minerals:	ma	105		1		1		20		
Calcium, Ca	_	105	_	1		1		29		
Iron, Fe	_	2.5	0	2		1		0.72		
Magnesium, Mg		74		1		1		21		
Phosphorus, P	_	230		1		1		64		
Potassium, K	_	325		1		1		91		
Sodium, Na		278		1		1		78		
Zinc, Zn	mg	1.5		1		1		0.42		
Copper, Cu		0.2		1		1		0.076		
Manganese, Mn	mg	1.5		1		1		0.428		
Selenium, Se	µg	16.2		0	FLM	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.2	95	2		1		0.083		
Riboflavin	mg	0.1	65	2		1		0.046		
Niacin	mg	0.5	15	2		1		0.144		
Pantothenic acid	mg	0.5	20	1		1		0.146		
Vitamin B-6	mg	0.1	00	1		1		0.028		
Folate, total	µg	24		1		1		7		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	24		1		1		7		
Folate, DFE		24		0	NC	4		7		
Choline, total										
Betaine	_									
Vitamin B-12	_	0.3	9	1		1		0.11		
Vitamin A. RAE		0	-	0	NC	4		0		
Retinol		0		0	Z	7		0		
Carotene, beta		· ·		•	_	•		· ·		
Carotene, alpha										
Cryptoxanthin, beta										
		0		1		1		0		
Vitamin A, IU		U		_		1		U		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

		Amount in 1	00 grams	of edi	ble portio	<u>on</u>	Amount in e	dible portion o	of common
			Number					easures of foo	
					Source (Confidence			
Nutrients and Units	Me	an Std.Erro	r Points			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	.g	7.250	0	NC	4		2.030		
4:0									
6:0	-	0.050	1		1		0.014		
8:0	. •	0.460 0.360	1		1 1		0.129 0.101		
12:0	.0	2.680	1		1		0.750		
13:0			_		_		0.750		
14:0	.g	1.040	1		1		0.291		
15:0	-								
16:0	-	2.120	1		1		0.594		
17:0 18:0	-	0.540	1		1		0.151		
20:0	-	0.540	_		_		0.131		
22:0	-								
24:0	-								
Fatty acids, total monounsaturated	-	3.820	0	NC	4		1.070		
14:1	-								
15:1 16:1 undifferentiated	-	0.050	1		1		0.014		
17:1	-	0.030	_		_		0.014		
18:1 undifferentiated	. •	3.770	1		1		1.056		
20:1	.g								
22:1 undifferentiated	-								
24:1 c									
Fatty acids, total polyunsaturated		5.320	0	NC	4		1.490		
18:2 undifferentiated		5.020 0.300	1		1 1		1.406 0.084		
18:4		0.300	-		-		0.004		
20:2 n-6 c,c									
20:3 undifferentiated	.g								
20:4 undifferentiated									
20:5 n-3 (EPA)									
21:5 22:4									
22:5 n-3 (DPA)									
22:6 n-3 (DHA)									
Fatty acids, total trans	-								
Cholesterol	-	0	0	NR	4		0		
Phytosterols	ing								
Amino Acids:									
Tryptophan		0.101	0		1		0.028		
Threonine	=	0.239	0		1 1		0.067 0.082		
IsoleucineLeucine	-	0.293	0		1		0.082		
Lysine		0.292	0		1		0.082		
Methionine	-	0.128	0		1		0.036		
Cystine	.g	0.163	0		1		0.046		
Phenylalanine		0.381	0		1		0.107		
Tyrosine	-	0.250	0		1		0.070		
Valine		0.396	0		1 1		0.111 0.137		
Arginine Histidine		0.490 0.163	0		1		0.137		
Alanine		0.365	0		1		0.102		
Aspartic acid		0.645	0		1		0.181		
Glutamic acid		1.495	0		1		0.419		
Glycine	.g	0.347	0		1		0.097		
Proline	=	0.601	0		1		0.168		
Serine		0.318	0		1		0.089		
Hydroxyproline	.y								

Snacks, granola bars, soft, uncoated, plain

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		<u>An</u>	ount in 10	u gram s	ot edi	bie porti	<u>on</u>		dible portion	
				Num ber	•			<u>m</u>	easures of fo	od_
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.4	0	2		1		2.75	1.79	
Energy	kcal	448		0	NC	4		193	125	
Energy		1874		0		4		806	525	
Protein (N x 5.8)		7.6	0	2		1		3.27	2.13	
Total lipid (fat)	-	17.8		2		1		7.65	4.98	
• • •		1.8	-	2		1		0.77	0.50	
Ash	-			0		4				
Carbohydrate, by difference		66.4			NC			28.55	18.59	
Fiber, total dietary		4.2		0		1		1.8	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	101		2		1		43	28	
Iron, Fe	•	2.4	4	2		1		1.05	0.68	
Magnesium, Mg		72	*	1		1		31	20	
Phosphorus, P		220		1		1		95	62	
Priospriorus, P Potassium, K		362		2		1		156	101	
, , , , , , , , , , , , , , , , , , , ,	•					1			79	
Sodium, Na		282	•	2		1		121		
Zinc, Zn	-	1.3		1		_		0.56	0.36	
Copper, Cu		0.2		1		1		0.120	0.078	
Manganese, Mn		1.2		1		1		0.542	0.353	
Selenium, Se	µg	15.7		0	FLM	4		6.8	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		1		1		0.0	0.0	
Thiamin	-	0.2	31	2		1		0.099	0.065	
Riboflavin	-	0.1		2		1		0.070	0.046	
Niacin	-	1.1		2		1		0.473	0.308	
Pantothenic acid	-	0.4		1		1		0.206	0.134	
Vitamin B-6	-	0.1		2		1		0.044	0.029	
	-	21	03	2		1		9	6	
Folate, total		0		0	z	7		0	0	
Folic acid					Z					
Folate, food		21		2		1		9	6	
Folate, DFE		21		0	NC	4		9	6	
Choline, total	-									
Betaine	-									
Vitamin B-12	µg	0.1	8	1		1		0.08	0.05	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta										
Vitamin A, IU		0		1		1		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>A</u>	mount in 1			ble portio	<u>n</u>		dible portion of	
		.		Deriv		Confidence Code			_
Nutrients and Units	Mean	Std. Erro	r Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 9.	570	0		1		4.115	2.680	
4:0	=								
6:0	=	070	1		1		0.030	0.020	
8:0	-	730 570	1		1 1		0.314 0.245	0.204 0.160	
12:0	•	270	1		1		1.836	1.196	
13:0	•		_		_		1.050	1.150	
14:0		620	1		1		0.697	0.454	
15:0									
16:0		850	1		1		0.796	0.518	
17:0		460	1		1		0 100	0 100	
18:0 20:0	9	400					0.198	0.129	
22:0	=								
24:0	=								
Fatty acids, total monounsaturated	-	840	0		1		1.221	0.795	
14:1	g								
15:1	-								
16:1 undifferentiated	=	050	1		1		0.022	0.014	
17:1	-	700	-				1 000	0. 701	
18:1 undifferentiated 20:1	-	790	1		1		1.200	0.781	
22:1 undifferentiated	-								
24:1 c	•								
Fatty acids, total polyunsaturated		210	0		1		1.380	0.899	
18:2 undifferentiated		040	1		1		1.307	0.851	
18:3 undifferentiated	g 0.	170	1		1		0.073	0.048	
18:4	g								
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated 20:5 n-3 (EPA)	=								
21:5	-								
22:4	=								
22:5 n-3 (DPA)									
22:6 n-3 (DHA)	g								
Fatty acids, total trans									
Cholesterol	-		0	NR	4		0	0	
Phytosterols	.mg								
Amino Acids:									
Tryptophan	.0	108	0		1		0.046	0.030	
Threonine	•	257	0		1		0.111	0.072	
Isoleucine	•	305	0		1		0.131	0.085	
Leucine		565 301	0		1 1		0.243 0.129	0.158	
Lysine Methionine	•	301 141	0		1		0.129	0.084 0.039	
Cystine	•	173	0		1		0.074	0.039	
Phenylalanine	•	394	0		1		0.169	0.110	
Tyrosine	•	255	0		1		0.110	0.071	
Valine	=	411	0		1		0.177	0.115	
Arginine	•	586	0		1		0.252	0.164	
Histidine	•	183	0		1		0.079	0.051	
Alanine	•	385	0		1		0.166	0.108	
Aspartic acid	•	650	0		1		0.280	0.182	
Glutamic acid	•	646 381	0		1 1		0.708	0.461	
GlycineProline	•	381 414	0		1		0.164 0.178	0.107 0.116	
Serine	•	335	0		1		0.178	0.116	
Hydroxyproline	•		· ·		-		V.111	0.054	
22, 310A, promie									

Snacks, granola bars, soft, uncoated, raisin

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz) Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

		Amount in	100 grains	or eun	ne por tic	<u> </u>	Amount in e	dible portion	of common
			Number	•			<u>m</u>	easures of fo	od
			of Data	Deriv	Source	Confidence			
Nutrients and Ur	nite	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure
Nutrients and Or	iits	Weari Stu. Li	101				Wicasure i	Weasure 2	Wieasure
Proximates:									
Water	g	7.88	0	FLC	4		1.58		
Energy		451	0	NC	4		90		
Energy		1888	0	NC	4		378		
Protein		7.17	0	FLC	4		1.43		
Total lipid (fat)		17.50	0	FLC	4		3.50		
Ash		1.12	0	FLC	4		0.22		
Carbohydrate, by difference	g	66.27	0	FLC	4		13.25		
Fiber, total dietary		5.7	0	FLC	4		1.1		
Sugars, total		30.00	0	FLC	4		6.00		
Starch									
Minerals:									
Calcium, Ca	-	41	0	FLC	4		8		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.56	0	FLC	4		0.31		
Magnesium, Mg		69	0	FLC	4		14		
Phosphorus, P		216	0	FLC	4		43		
Potassium, K	-	285	0	FLC	4		57		
Sodium, Na	-	167	0	0	4		33		
Zinc, Zn	_	1.92	0	FLC	4		0.38		
Copper, Cu		0.247	0	FLC	4 4		0.049		
Manganese, Mn	_	1.682 20.0	0	FLC FLC	4		0.336 4.0		
Selenium, Se	µg	20.0	U	FLC	4		4.0		
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.2	0	FLC	4		0.0		
Thiamin	mg	0.199	0	FLC	4		0.040		
Riboflavin	mg	0.146	0	FLC	4		0.029		
Niacin	mg	2.318	0	FLC	4		0.464		
Pantothenic acid	-	0.450	0	FLC	4		0.090		
Vitamin B-6	_	0.143	0	FLC	4		0.029		
Folate, total		33	0	FLC	4		7		
Folic acid		7	0	FLC	4		1		
Folate, food		26	0	FLC	4		5		
Folate, DFE		38	0	NC	4		8		
Choline, total	_	31.2	0	FLC	4		6.2		
Betaine		0.0	0	FLC	4		0.0		
Vitamin B-12		0.07	0	FLC	4		0.01		
Vitamin B-12, added		0.00	0	FLC	4		0.00		
Vitamin A, RAE		2	0	NC	<u>4</u> 4		0		
Retinol		2	0	FLC	-		0 1		
Carotene, beta		3	0	FLC	4		0		
Carotene, alpha		0 0	0	FLC	4		0		
Cryptoxanthin, beta		10	0	FLC NC	4 4		2		
Vitamin A, IU Lycopene		0	0	FLC	4		0		
Lutein + zeaxanthin		82	0	FLC	4		16		
Vitamin E (alpha-tocopherol)		02 2.51	0	FLC	4		0.50		
Vitamin E (aipna-tocopneroi) Vitamin E, added		0.00	0	FLC	4		0.00		
Tocopherol, beta		0.00	U	FIIC	-		0.00		
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma	-								
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	NR	4		0.0		
Vitamin D		1	0	FLC	4		0		
Vitamin K (phylloquinone)		9.1	0	FLC	4		1.8		
Dihydrophylloquinone			J		-				
Menaquinone-4									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 9.888 FLC 1.978 4:0.....g 0.007 0 FLC 4 0.001 6:0.....g 0.031 FLC 0.006 0 0.346 FLC 8:0.....g 4 0.069 10:0.....g 0.257 0 FLC 4 0.051 2.987 FLC 0.597 12:0.....g 0 13:0.....g 0.962 0 14:0.....g FLC 4 0.192 4.395 0 FLC 4 0.879 16·0 a 17:0.....g 0.866 0 FLC 0.173 18:0.....g 4 20:0.....g 0.039 0 FLC 4 0.008 22:0 a 24:0.....g 3.194 0.639 Fatty acids, total monounsaturated......g 0 FLC 4 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.019 0 FLC 4 0.004 17:1.....g 3.173 0 FLC 0.635 18:1 undifferentiated......g 4 0.002 0 FLC 4 0.000 20:1.....g 0.000 FLC 4 0.000 22:1 undifferentiated......g 24:1 c.....g 0.509 Fatty acids, total polyunsaturated......g 2.546 FLC 2.321 FLC 18:2 undifferentiated....... 0 4 0.464 0.226 FLC 18:3 undifferentiated......g 0 4 0.045 18:4.....g 0.000 0 FLC 4 0.000 20:2 n-6 c,c....g 20:3 undifferentiated......g 20:4 undifferentiated......g 0.000 0 FLC 0.000 4 0.000 0.000 20:5 n-3 (EPA)......g 0 FLC 4 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0 FLC 4 0.000 0.000 0 FLC 0.000 22:6 n-3 (DHA)......g Fatty acids, total trans......g 0.000 0 FLC 4 0.000 Cholesterol....mg 0 FLC 4 Phytosterols.....mg 18 0 FLC 4 4 Amino Acids: Tryptophan.....g 0.018 0 FLC 4 0.004 0.065 0 FLC 0.013 Threonine.....g 4 0.065 0 FLC 4 0.013 0.115 0 FLC 0.023 0.075 0 FLC 0.015 Lysine....g 0.023 0 FLC 4 0.005 Methionine.....g 0.022 0 FLC 4 0.004 Cystine.....g 0.077 0 FLC 0.015 Phenylalanine....g Tyrosine.....g 0.062 0 FLC 4 0.012 0.073 0 FLC 4 0.015 Valine.....g 0.158 0 FLC4 0.032 0.039 0 FLC 0.008 Histidine......g Alanine.....g 0.066 n FLC 4 0.013 0.185 0 FLC 4 0.037 Aspartic acid.....g Glutamic acid.....g 0.326 0 FLC 4 0.065 0.082 0 FLC 4 0.016 Glycine 0 0.081 0 FLC 4 0.016 Proline.....g Serine.....g 0.079 FLC 4 0.016 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 FLC 4 0.0 0 FLC 4 Caffeine....mg 0 0

Snacks, granola bites, mixed flavors

Amount in 100 grams of edible portion

Number

FLC

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Nutrients and Units Mean

Std. Error Points Code Code

Measure 1

Measure 2

Measure 3

0

Code

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

Proximates:	0.72 143 600 4.91 7.25 0.83 14.63 3.7 0.85	1.45 288 1207 9.87 14.58 1.68 29.42 7.5 1.71	
Nutrients and Units Nean Std. Error Points Code Code	0.72 143 600 4.91 7.25 0.83 14.63 3.7 0.85	1.45 288 1207 9.87 14.58 1.68 29.42 7.5 1.71 31 1.39 67 149 187 235	Measure 3
Nutrients and Units Mean Std. Error Points Code Code Code	0.72 143 600 4.91 7.25 0.83 14.63 3.7 0.85	1.45 288 1207 9.87 14.58 1.68 29.42 7.5 1.71 31 1.39 67 149 187 235	Measure 3
Water	143 600 4.91 7.25 0.83 14.63 3.7 0.85	288 1207 9.87 14.58 1.68 29.42 7.5 1.71 31 1.39 67 149 187 235	
Water	143 600 4.91 7.25 0.83 14.63 3.7 0.85	288 1207 9.87 14.58 1.68 29.42 7.5 1.71 31 1.39 67 149 187 235	
Energy	143 600 4.91 7.25 0.83 14.63 3.7 0.85	288 1207 9.87 14.58 1.68 29.42 7.5 1.71 31 1.39 67 149 187 235	
Energy	4.91 7.25 0.83 14.63 3.7 0.85	1207 9.87 14.58 1.68 29.42 7.5 1.71 31 1.39 67 149 187 235	
Protein (N x 0) g 17.31 1 A 1 Total lipid (fat) g 25.58 1 A 1 Ash g 2.94 1 A 1 Carbohydrate, by difference g 51.62 0 NC 4 Fiber, total dietary g 13.2 1 A 1 Sugars, total g 3.00 0 0 4 Starch g 3.00 0 0 4 Starch g 3.00 0 0 4 Starch g 3.00 0 0 4 Minerals: Calcium, Ca mg 54 1 A 1 Iron, Fe mg 2.44 1 A 1 Magnesium, Mg mg 118 1 A 1 Potassium, K mg 328 1 A 1 Sodium, Na mg	4.91 7.25 0.83 14.63 3.7 0.85 15 0.69 33 74 93 117 0.75 0.038	9.87 14.58 1.68 29.42 7.5 1.71 31 1.39 67 149 187 235	
Total lipid (fat)	7.25 0.83 14.63 3.7 0.85 15 0.69 33 74 93 117 0.75 0.038	14.58 1.68 29.42 7.5 1.71 31 1.39 67 149 187 235	
Ash	0.83 14.63 3.7 0.85	1.68 29.42 7.5 1.71 31 1.39 67 149 187 235	
Carbohydrate, by difference 9 51.62 0 NC 4 Fiber, total dietary 9 13.2 1 A 1 Sugars, total 9 3.00 0 0 4 Starch 9 Minerals: Calcium, Ca. mg 54 1 A 1 Iron, Fe. mg 2.44 1 A 1 Magnesium, Mg. mg 118 1 A 1 Phosphorus, P. mg 262 1 A 1 Potassium, K. mg 328 1 A 1 Sodium, Na. mg 413 1 A 1 Zinc, Zn. mg 2.66 1 A 1 Copper, Cu. mg 0.134 1 A 1 Manganese, Mn. mg 1.273 1 A 1 Selenium, Se. µg 8.1 0 FLM 4 Vitamin C, total ascorbic acid mg 0.3	14.63 3.7 0.85 15 0.69 33 74 93 117 0.75 0.038	29.42 7.5 1.71 31 1.39 67 149 187 235	
Fiber, total dietary	3.7 0.85 15 0.69 33 74 93 117 0.75 0.038	7.5 1.71 31 1.39 67 149 187 235	
Sugars, total g 3.00 0 0 4 Starch Minerals: Calcium, Ca. mg 54 1 A 1 Iron, Fe. mg 2.44 1 A 1 Magnesium, Mg. mg 118 1 A 1 Phosphorus, P. mg 262 1 A 1 Potassium, K. mg 328 1 A 1 Sodium, Na. mg 413 1 A 1 Zinc, Zn. mg 2.66 1 A 1 Copper, Cu. mg 0.134 1 A 1 Manganese, Mn. mg 1.273 1 A 1 Selenium, Se. µg 8.1 0 FLM 4 Vitamins: Vitamin C, total ascorbic acid mg 0.3 0 FLC 4 Thiamin mg 0.311 1 A 1	0.85 15 0.69 33 74 93 117 0.75 0.038	1.71 31 1.39 67 149 187 235	
Starch Minerals: Calcium, Ca. mg 54 1 A 1 Iron, Fe. mg 2.44 1 A 1 Magnesium, Mg. mg 118 1 A 1 Phosphorus, P. mg 262 1 A 1 Potassium, K. mg 328 1 A 1 Sodium, Na. mg 413 1 A 1 Zinc, Zn. mg 2.66 1 A 1 Copper, Cu. mg 0.134 1 A 1 Manganese, Mn. mg 1.273 1 A 1 Selenium, Se. µg 8.1 0 FLM 4 Vitamins: Vitamin C, total ascorbic acid mg 0.3 0 FLC 4 Thiamin mg 0.311 1 A 1	15 0.69 33 74 93 117 0.75 0.038	31 1.39 67 149 187 235	
Minerals: Calcium, Ca. mg 54 1 A 1 Iron, Fe. mg 2.44 1 A 1 Magnesium, Mg. mg 118 1 A 1 Phosphorus, P. mg 262 1 A 1 Potassium, K. mg 328 1 A 1 Sodium, Na. mg 413 1 A 1 Zinc, Zn. mg 2.66 1 A 1 Copper, Cu. mg 0.134 1 A 1 Manganese, Mn. mg 1.273 1 A 1 Selenium, Se. µg 8.1 0 FLM 4 Vitamin C, total ascorbic acid. mg 0.3 0 FLC 4 Thiamin. mg 0.311 1 A 1	0.69 33 74 93 117 0.75 0.038	1.39 67 149 187 235	
Calcium, Ca. mg 54 1 A 1 Iron, Fe. mg 2.44 1 A 1 Magnesium, Mg. mg 118 1 A 1 Phosphorus, P. mg 262 1 A 1 Potassium, K. mg 328 1 A 1 Sodium, Na. mg 413 1 A 1 Zinc, Zn. mg 2.66 1 A 1 Copper, Cu. mg 0.134 1 A 1 Manganese, Mn. mg 1.273 1 A 1 Selenium, Se. µg 8.1 0 FLM 4 Vitamin C, total ascorbic acid. mg 0.3 0 FLC 4 Thiamin. mg 0.311 1 A 1	0.69 33 74 93 117 0.75 0.038	1.39 67 149 187 235	
Iron, Fe	0.69 33 74 93 117 0.75 0.038	1.39 67 149 187 235	
Magnesium, Mg. mg 118 1 A 1 Phosphorus, P. mg 262 1 A 1 Potassium, K. mg 328 1 A 1 Sodium, Na. mg 413 1 A 1 Zinc, Zn. mg 2.66 1 A 1 Copper, Cu. mg 0.134 1 A 1 Manganese, Mn. mg 1.273 1 A 1 Selenium, Se. µg 8.1 0 FLM 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.3 0 FLC 4 Thiamin. mg 0.311 1 A 1	33 74 93 117 0.75 0.038	67 149 187 235	
Phosphorus, P. mg 262 1 A 1 Potassium, K. mg 328 1 A 1 Sodium, Na. mg 413 1 A 1 Zinc, Zn. mg 2.66 1 A 1 Copper, Cu. mg 0.134 1 A 1 Manganese, Mn. mg 1.273 1 A 1 Selenium, Se. µg 8.1 0 FLM 4 Vitamins: Vitamin C, total ascorbic acid mg 0.3 0 FLC 4 Thiamin mg 0.311 1 A 1	74 93 117 0.75 0.038	149 187 235	
Potassium, K. mg 328 1 A 1 Sodium, Na. mg 413 1 A 1 Zinc, Zn. mg 2.66 1 A 1 Copper, Cu. mg 0.134 1 A 1 Manganese, Mn. mg 1.273 1 A 1 Selenium, Se. µg 8.1 0 FLM 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.3 0 FLC 4 Thiamin. mg 0.311 1 A 1	117 0.75 0.038	187 235	
Sodium, Na	0.75 0.038	235	
Zinc, Zn	0.038		
Copper, Cu		1.52	
Manganese, Mn. mg 1.273 1 A 1 Selenium, Se. μg 8.1 0 FLM 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.3 0 FLC 4 Thiamin. mg 0.311 1 A 1		0.076	
Vitamins: Vitamin C, total ascorbic acid	0.361	0.726	
Vitamin C, total ascorbic acid	2.3	4.6	
Vitamin C, total ascorbic acidmg 0.3 0 FLC 4 Thiaminmg 0.311 1 A 1			
Thiaminmg 0.311 1 A 1	0.1	0.2	
1	0.088	0.177	
Riboflavinmg 0.141 1 A 1	0.040	0.080	
Niacin	0.873	1.756	
Pantothenic acid	0.135	0.271	
Vitamin B-6mg 0.072 1 A 1	0.020	0.041	
Folate, total	11	22	
Folic acidµg 0 0 Z 7	0	0	
Folate, food	11	22	
Folate, DFE	11	22	
Choline, total mg 18.1 0 FLA 4	5.1	10.3	
Betainemg			
Vitamin B-12µg 0.00 0 1	0.00	0.00	
Vitamin B-12, addedµg 0.00 0 z 7	0.00	0.00	
Vitamin A, RAE	0	0	
Retinol	0	0	
Carotene, betaµg 0 0 z 7	0	0	
Carotene, alphaµg 0 0 z 7	0	0	
Cryptoxanthin, betaµg 0 0 z 7	0	0	
Vitamin A, IU	0	0	
Lycopene	0	0	
Lutein + zeaxanthinµg 0 0 z 7	0	0	
Vitamin E (alpha-tocopherol) 5.60 0 0 4	1.59	3.19	
Vitamin E, addedmg 0.00 0 z 7	0.00	0.00	
Tocopherol, betamg			
Tocopherol, gammamg			
Tocopherol, delta			
Tocotrienol, alpha			
Tocotrienol, beta			
Tocotrienol, gamma			
Tocotrienol, delta	0.0	0.0	
	0.0	0.0	
Vitamin D	0.7	1.4	
·	0.7	1.4	
Dihydrophylloquinoneµg Menaquinone-4µg			

	<u> </u>	Amount in 100 grams of edible portion							Amount in edible portion of common			
				Number				measures of food				
Nutrients and Units	Mean	Sto	d. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Lipids:	_											
Fatty acids, total saturated	~	.785		0	FLC FLC	4 4		1.073	2.157			
4:0	•	.000		0	FLC	4		0.000	0.000 0.000			
8:0	•	.002		0	FLC	4		0.001	0.000			
10:0	-	.000		0	FLC	4		0.000	0.000			
12:0		.000		0	FLC	4		0.000	0.000			
13:0	=											
14:0	g 0	.059		0	FLC	4		0.017	0.034			
15:0	g											
16:0	g 2	517		0	FLC	4		0.714	1.435			
17:0	-											
18:0		064		0	FLC	4		0.302	0.606			
20:0	=											
22:0 24:0	=											
Fatty acids, total monounsaturated	-	860		0	FLC	4		2.795	5.620			
14:1				-		_		20750	3.020			
15:1												
16:1 undifferentiated		.089		0	FLC	4		0.025	0.051			
17:1	g											
18:1 undifferentiated	.g 9	709		0	FLC	4		2.753	5.534			
20:1		.029		0	FLC	4		0.008	0.017			
22:1 undifferentiated	•	.000		0	FLC	4		0.000	0.000			
24:1 c	-	c 4 2		•	a			2 24 5				
Fatty acids, total polyunsaturated		643		0	FLC	4		3.017	6.067			
18:2 undifferentiated	-	.286 .317		0	FLC FLC	4 4		2.916 0.090	5.863 0.181			
18:4	•	.000		0	FLC	4		0.000	0.000			
20:2 n-6 c,c	-			·	120	•		0.000	0.000			
20:3 undifferentiated												
20:4 undifferentiated		001		0	FLC	4		0.000	0.001			
20:5 n-3 (EPA)	g 0	.000		0	FLC	4		0.000	0.000			
21:5	g											
22:4	•											
22:5 n-3 (DPA)	•	.000		0	FLC	4		0.000	0.000			
22:6 n-3 (DHA)	•	.000		0	FLC	4		0.000	0.000			
Fatty acids, total trans				0		1		•	0			
CholesterolPhytosterols				0		1		0 7	14			
Pilytosterois	,ing 23			U		_		,	14			
Amino Acids:												
Tryptophan	.0	192		0		1		0.054	0.109			
Threonine	•	640		0		1		0.181	0.365			
Isoleucine	•	675		0		1		0.191	0.385			
Leucine	.0	240		0		1 1		0.352	0.707			
Lysine Methionine		.681 .247		0		1		0.193 0.070	0.388 0.141			
Cystine	•	254		0		1		0.072	0.141			
Phenylalanine	-	972		0		1		0.276	0.554			
Tyrosine	.0	743		0		1		0.211	0.424			
Valine	· ·	797		0		1		0.226	0.454			
Arginine		103		0		1		0.596	1.199			
Histidine	.g 0	473		0		1		0.134	0.270			
Alanine	.g 0	745		0		1		0.211	0.425			
Aspartic acid		161		0		1		0.613	1.232			
Glutamic acid	•	.109		0		1		1.165	2.342			
Glycine	.0	.081		0		1		0.306	0.616			
Proline	•	945		0		1		0.268	0.539			
Serine	•	929		0		1		0.263	0.530			
Hydroxyproline	g											
Others:												
Alcohol, ethyl	g 0	. 0		0	\mathbf{z}	7		0.0	0.0			
Caffeine	mg 0			0	NR	4		0	0			

Snacks, oriental mix, rice-based

Nutrients and Units

Amount in 100 grams of edible portion

Number
of Data Deriv Source Confidence

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

ine......mg 0 0 NR 4 0 0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am</u>	ount in 10	Amount in e	Amount in edible portion of common						
				Num ber				measures of food			
						Source	Confidence				
Nutrients and U	nite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nati lents and of		Wican	ota. E i oi					wcasarc i	WCasure 2	MCasure .	
Proximates:											
Water	g	6.93	3	0	FLC	4					
Energy	kcal	432		0	NC	4					
Energy	kJ	1808		0	NC	4					
Protein	g	14.11	L	0	LC	8					
Total lipid (fat)	g	14.11	1	0	LC	8					
Ash	g	2.65	5	0	FLC	4					
Carbohydrate, by difference	g	62.20	ס	0	LC	8					
Fiber, total dietary	g	3.8		0	LC	8					
Sugars, total	g	14.11	1	0	LC	8					
Sucrose	g	12.73	3	0	FLC	4					
Glucose (dextrose)		0.24	4	0	FLC	4					
Fructose		0.78	3	0	FLC	4					
Lactose	g	0.00)	0	FLC	4					
Maltose		0.34	4	0	FLC	4					
Galactose	g	0.00)	0	FLC	4					
Starch											
Minerals:											
Calcium, Ca	ma	123		0	LC	8					
Iron. Fe	• • • • • • • • • • • • • • • • • • • •	3.80)	0	LC	8					
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	102		0	FLC	4					
Phosphorus, P		270		0	FLC	4					
Potassium, K		732		0	FLC	4					
Sodium, Na	mg	300		0	LC	8					
Zinc, Zn	mg	3.31	L	0	FLC	4					
Copper, Cu	mg	0.44	14	0	FLC	4					
Manganese, Mn	mg	1.25	54	0	FLC	4					
Selenium, Se	µg	7.2		0	FLC	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8					
Thiamin	mg	0.61	14	0	FLC	4					
Riboflavin	mg	0.31	14	0	FLC	4					
Niacin	mg	5.06	50	0	FLC	4					
Pantothenic acid	mg	0.47	79	0	FLC	4					
Vitamin B-6	mg	0.54	18	0	FLC	4					
Folate, total	µg	138		0	FLC	4					
Folic acid	µg	0		0	FLC	4					
Folate, food	µg	138		0	FLC	4					
Folate, DFE		138		0	NC	4					
Choline, total		57.9		0	FLC	4					
Betaine	-	_	_	_	_	_					
Vitamin B-12		0.00		0	FLC	4					
Vitamin B-12, added		0.00	ט	0	FLC	4					
Vitamin A, RAE		77		0	NC	4					
Retinol		0		0	FLC	4					
Carotene, beta		901		0	FLC	4					
Carotene, alpha		42		0	FLC	4					
Cryptoxanthin, beta		0		0	FLC	4					
Vitamin A, IU		1537		0	NC	4					
Lycopene		0		0	FLC	4					
Lutein + zeaxanthin		4930		0	FLC	4					
Vitamin E (alpha-tocopherol)		2.31		0	FLC	4					
Vitamin E, added		0.00		0	FLC	4					
Tocopherol, beta		0.00		0	FLC	4					
Tocopherol, gamma		1.88		0	FLC	4					
Tocopherol, delta		0.03		0	FLC	4					
Tocotrienol, alpha	mg mg	2.84 0.00		0	FLC FLC	4					

		<u>An</u>	nount in 10			ble porti	<u>on</u>	Amount in edible portion of common measures of food			
				Number	•			<u>m</u>	easures of foc	<u>oa</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gamma	.mg	1.9	95	0	FLC	4					
Tocotrienol, delta	.mg	0.1	.5	0	FLC	4					
Vitamin D (D2 + D3)	.µg	0.0)	0	FLC	4					
Vitamin D2 (ergocalciferol)	.µg										
Vitamin D3 (cholecalciferol)	.µg										
Vitamin D	.IU	0		0	FLC	4					
Vitamin K (phylloquinone)	.µg	50.3	3	0	FLC	4					
Dihydrophylloquinone	.µg										
Menaquinone-4	.µg										
Lipids:											
Fatty acids, total saturated	a	5.2	290	0	LC	8					
4:0		0.0		0	FLC	4					
6:0	-	0.0		0	FLC	4					
8:0	-	0.0		0	FLC	4					
10:0	-	0.0		0	FLC	4					
12:0	-	0.0		0	FLC	4					
13:0	-	0.0	,10	Ū	FEC	-					
14:0		0.1	0.5	0	FLC	4					
15:0		0.1	.03	U	FLC	-					
16:0		4.6	:72	0	FLC	4					
		4.0	72	U	FLC	-					
17:0	-	0.4	61	0	FLC	4					
18:0 20:0	-	0.4	101	U	FLC	*					
22:0											
24:0											
Fatty acids, total monounsaturated		5.7	192	0	FLC	4					
14:1		3.1	32	U	FLC	-					
15:1											
16:1 undifferentiated		0.0	147	0	FLC	4					
17:1		0.0	, 1,	Ū	FEC	-					
18:1 undifferentiated		5.7	30	0	FLC	4					
20:1		0.0		0	FLC	4					
22:1 undifferentiated	-	0.0		0	FLC	4					
24:1 c	-	0.0	700	U	FLC	-					
Fatty acids, total polyunsaturated		1.9	151	0	FLC	4					
18:2 undifferentiated		1.8		0	FLC	4					
18:3 undifferentiated	-	0.1		0	FLC	4					
18:4		0.0		0	FLC	4					
20:2 n-6 c,c	-	0.0	700	U	FLC	*					
*	-										
20:3 undifferentiated 20:4 undifferentiated		0.0	100	0	FLC	4					
		0.0		0	FLC	4					
20:5 n-3 (EPA)		0.0	700	U	FLC	-					
21:5 22:4	-										
22:5 n-3 (DPA)	-	0.0	100	0	FLC	4					
` ,	-	0.0		0	FLC	4					
22:6 n-3 (DHA)		0.0		U	FIC	*					
Fatty acids, total trans		0		0	LC	8					
Cholesterol		0		0	FLC	4					
Phytosterols	9	U		U	FIC	*					
Others:	_			_							
Alcohol, ethyl		0.0)	0	FLC	4					
Caffeine	-	0		0	FLC	4					
Theobromine	.mg	0		0	FLC	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Snacks, peas, roasted, was a bi-flavored

Food Group: 25 Snacks

		Amo	ount in 100 g	rams	<u>on</u>	Amount in edible portion of common					
			Nu	m be	r			measures of food			
						Source	Confidence				
Nutrients and Ur	nits	Mean S	Std. Error P				Code	Measure 1	Measure 2	Measure	
Proximates:	a	2.00	0.073			1		0. 57	5.04		
Water	-	2.00 457	0.072	: 6 0	A	1 4		0.57 130	5.24		
Energy					NC				1197		
Energy		1912	0.050	0	NC	4		542	5010		
Protein		11.79	0.052		A	1		3.34	30.89		
Total lipid (fat)		15.20	0.296		A	1		4.31	39.84		
Ash	-	2.75	0.012		A	1		0.78	7.20		
Carbohydrate, by difference		68.26		0	NC	4		19.35	178.84		
Fiber, total dietary		3.8	0.102		A	1		1.1	10.0		
Sugars, total		4.76	0.072		A	1		1.35	12.48		
Sucrose	g	0.00	0.000		A	1		0.00	0.00		
Glucose (dextrose)		0.82	0.006		A	1		0.23	2.15		
Fructose	g	1.35	0.014		A	1		0.38	3.55		
Lactose		0.00	0.000		A	1		0.00	0.00		
Maltose	g	2.59	0.068		A	1		0.73	6.79		
Galactose	g	0.00	0.000	3	A	1		0.00	0.00		
Starch	g	59.47	0.455	6	A	1		16.86	155.80		
Minerals:											
Calcium, Ca	•	17	0.305		A	1		5	45		
Iron, Fe	_	4.59	0.093		A	1		1.30	12.04		
Magnesium, Mg	mg	37	0.325		A	1		11	98		
Phosphorus, P		124	0.763		A	1		35	325		
Potassium, K	_	129	1.745		A	1		36	337		
Sodium, Na	_	854	5.366		A	1		242	2238		
Zinc, Zn		0.96	0.020		A	1		0.27	2.52		
Copper, Cu		0.141			A	1		0.040	0.370		
Manganese, Mn		0.656			A	1		0.186	1.720		
Selenium, Se	µg	33.1	0.379	3	A	1		9.4	86.7		
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	FLC	4		0.0	0.0		
Thiamin	_	0.560	0.020		A	1		0.159	1.467		
	_	0.307			A	1		0.087	0.803		
Riboflavin	_	7.043			A	1		1.997			
Pantothenic acid		0.500			A	1		0.142	18.453 1.310		
Vitamin B-6		0.109			A	1		0.142	0.286		
	•	135	0.002	. 3	FLC	4		38	354		
Foliate, total		114		0	FLC	4		38	297		
Folic acid	· -	22		0	FLC	4		6	297 56		
Folate, food	1.2	215		0		4		61			
Folate, DFE		9.1		0	NC FLC	4		2.6	562 23.8		
Choline, total Betaine	_	60.9		0	FLC	4		17.3	159.6		
	_	0.00		0	FLC	4		0.00	0.00		
Vitamin B-12		0.00		0	FLC	4		0.00	0.00		
Vitamin B-12, added		0.00		0	NC	4		0.00	0.00		
Vitamin A, RAE		0		0	FLC	4		0	0		
Retinol		0		0	FLC	4		0	-		
Carotene, beta		0		-				0	0		
Carotene, alpha		0		0	FLC FLC	4 4		0	0		
Cryptoxanthin, beta		-		•				-	-		
Vitamin A, IU		0		0	NC ELC	4 4		0 0	1		
Lycopene		0		•	FLC				0		
Lutein + zeaxanthin		15		0	FLC	4		4	39		
Vitamin E (alpha-tocopherol)		6.93		0	FLC	4		1.97	18.16		
Vitamin E, added		0.00		0	FLC	4		0.00	0.00		
Tocopherol, beta		0.06		0	FLC	4		0.02	0.15		
Tocopherol, gamma		0.33		0	FLC	4		0.09	0.87		
Tocopherol, delta		0.02		0	FLC	4		0.00	0.04		
Tocotrienol, alpha	ma	0.02		0	FLC	4		0.00	0.05		

	Amount in 100 grams of edible portion					Amount in edible portion of common		
			Num be	r			easures of foo	
					Source Confidence	e		
Nutrients and Units	Mean	Std. Error	Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammam			0	FLC	4	0.00	0.00	
Tocotrienol, deltam	-	0	0	FLC	4	0.00	0.00	
Vitamin D (D2 + D3)µg			0	Z	7	0.0	0.0	
Vitamin D2 (ergocalciferol)µ9 Vitamin D3 (cholecalciferol)µ9								
Vitamin D			0	Z	7	0	0	
Vitamin K (phylloquinone)µg			0	FLC	4	0.3	3.1	
Dihydrophylloquinoneµg	1							
Menaquinone-4µg	I							
Lipids:								
Fatty acids, total saturatedg	1.3	42	0	NC	4	0.380	3.515	
4:0g	0.0	03 0.	002 3	A	1	0.001	0.008	
6:0g	0.0		000 3	A	1	0.000	0.001	
8:0g	0.0		000 3	A	1	0.000	0.002	
10:0g 12:0g	0.0		000 3 000 3	A A	1	0.001 0.000	0.005 0.000	
13:0g	0.0	0.	000 3	•	-	0.000	0.000	
14:0g	0.0	07 0.	001 3	A	1	0.002	0.018	
15:0g	0.0	04 0.	000 3	A	1	0.001	0.010	
16:0g	0.6	76 0.	021 3	A	1	0.192	1.772	
17:0g	0.0		000 3	A	1	0.002	0.017	
18:0g	0.4		017 3	A	1	0.127	1.174	
20:0g	0.0		002 3	A	1	0.012	0.107	
22:0g 24:0g	0.1		004 3 002 3	A A	1	0.032 0.012	0.292 0.110	
Fatty acids, total monounsaturatedg	10.8		002 3	NC	4	3.074	28.407	
14:1g	0.0		000 3	A	1	0.001	0.005	
15:1g	0.0	00 0.	000 3	A	1	0.000	0.000	
16:1 undifferentiatedg	0.0	17 0.	001 3	AS	1	0.005	0.044	
16:1 cg	0.0		001 3	A	1	0.005	0.044	
16:1 tg	0.0		000 3	A	1	0.000	0.000	
17:1g	0.0		000 3 307 3	A	1	0.000	0.000	
18:1 undifferentiated	10.7 10.7		307 3 306 3	AS A	1	3.053 3.046	28.211 28.153	
18:1 tg	0.0		002 3	A	1	0.006	0.058	
18:1-11 t (18:1t n-7)								
20:1g	0.0	49 0.	001 3	A	1	0.014	0.129	
22:1 undifferentiatedg	0.0		000 3	AS	1	0.001	0.008	
22:1 cg	0.0		000 3	A	1	0.001	0.008	
22:1 tg	0.0		000 3 000 3	A A	1	0.000	0.000	
24:1 c	2.1		000 3	NC	4	0.001 0.604	0.010 5.580	
18:2 undifferentiated	2.0		136 3	AS	1	0.574	5.302	
18:2 n-6 c,cg	2.0		136 3	A	1	0.568	5.247	
18:2 CLAsg	0.0	05 0.	000 3	A	1	0.001	0.013	
18:2 t,tg								
18:2 ig		16		_				
18:2 t not further definedg 18:3 undifferentiatedg	0.0		000 3 013 3	A As	1	0.005 0.028	0.043 0.259	
18:3 n-3 c,c,c (ALA)	0.0		013 3	A	1	0.028	0.259	
18:3 n-6 c.c.c	0.0		000 3	A	1	0.000	0.000	
18:3ig								
18:4g	0.0		000 3	A	1	0.000	0.000	
20:2 n-6 c,cg	0.0		000 3	A	1	0.001	0.007	
20:3 undifferentiated	0.0		000 3	AS	1	0.000	0.000	
20:3 n-3g 20:3 n-6g	0.0		000 3 000 3	A A	1	0.000 0.000	0.000	
20:3 n-6	0.0		000 3	A	1	0.000	0.005	
20:4 n-6g	3.0	••	•			3.001	2.003	
20:5 n-3 (EPA)g	0.0	01 0.	001 3	A	1	0.000	0.002	
21:5g								
22:4g	0.0		000 3	A	1	0.000	0.004	
22:5 n-3 (DPA)g	0.0	0.	000 3	A	1	0.000	0.000	

	<u>Am ount</u>	in 100 gram		<u>on</u>	Amount in edible portion of common			
		Num be	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000 3	A	1		0.000	0.000	
Fatty acids, total transg	0.038	0	NC	4		0.011	0.100	
Fatty acids, total trans-monoenoicg	0.022	0	NC	4		0.006	0.058	
Fatty acids, total trans-polyenoicg	0.016	0	NC	4		0.005	0.043	
Cholesterolmg	0	0	FLC	4		0	0	
Phytosterolsmg	17	0	FLC	4		5	44	
Amino Acids:								
Tryptophang	0.144	0	A	1		0.041	0.379	
Threonineg	0.351	0	A	1		0.100	0.920	
Isoleucineg	0.482	0	A	1		0.137	1.262	
Leucineg	0.874	0	A	1		0.248	2.289	
Lysineg	0.181	0	A	1		0.051	0.474	
Methionineg	0.166	0	A	1		0.047	0.434	
Cystineg	0.286	0	A	1		0.081	0.749	
Phenylalanineg	0.642	0	A	1		0.182	1.683	
Tyrosineg	0.331	0	A	1		0.094	0.868	
Valineg	0.542	0	A	1		0.154	1.421	
Arginineg	0.462	0	A	1		0.131	1.210	
Histidineg	0.261	0	A	1		0.074	0.684	
Alanineg	0.391	0	A	1		0.111	1.026	
Aspartic acidg	0.522	0	A	1		0.148	1.368	
Glutamic acidg	4.609	0	A	1		1.307	12.074	
Glycineg	0.482	0	A	1		0.137	1.262	
Prolineg	1.576	0	A	1		0.447	4.130	
Serineg	0.562	0	A	1		0.159	1.473	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0	
Caffeinemg	0	0	FLC	4		0	0	
Theobrominemg	0	0	FLC	4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 262g: 1 bag

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am our</u>	<u>it in 100 gr</u>	am s	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
			Nun	nber					easures of fo	
						Source (Confidence			
Nutrients and	l Inite	Mean Std	Error Po				Code	Measure 1	Measure 2	Measure 3
Nati lents and	O.I.I.O	Mean Ota						measure r	measure 2	incusure (
Proximates:										
Water		2.09	0.350	4	A	1		0.59		
Energy	kcal	531		0	NC	4		150		
Energy	kJ	2221		0	NC	4		630		
Protein (N x 6.25)		2.28	0.054	4	A	1		0.65		
Total lipid (fat)	g	29.59	1.337	4	A	1		8.39		
Ash	g	2.19	0.275	4	A	1		0.62		
Carbohydrate, by difference	g	63.84		0	NC	4		18.10		
Fiber, total dietary	g	3.5	0.155	4	A	1		1.0		
Sugars, total	g	0.92	0.564	4	A	1		0.26		
Sucrose	g	0.92	0.564	4	A	1		0.26		
Glucose (dextrose)										
Fructose										
Lactose										
Maltose										
Galactose										
Starch		50.80		1	A	1		14.40		
Minerals:										
Calcium, Ca	mg	9	0.606	4	A	1		3		
Iron, Fe	mg	0.97	0.050	4	A	1		0.27		
Magnesium, Mg		71	1.369	4	A	1		20		
Phosphorus, P	mg	78	4.140	4	A	1		22		
Potassium, K	mg	786	35.594	4	A	1		223		
Sodium, Na	mg	202	87.335	3	A	1		57		
Zinc, Zn	mg	0.37	0.015	4	A	1		0.11		
Copper, Cu	mg	0.198	0.012	4	A	1		0.056		
Manganese, Mn		0.276	0.006	4	A	1		0.078		
Selenium, Se	µg	0.4		2	A	1		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	_	32.1		0	LC.	8		9.1		
Thiamin	-	0.065	0.009	4	A	1		0.018		
Riboflavin	=	0.040	0.006	4	A	1		0.011		
Niacin	_	0.802	0.056	4	A	1		0.227		
Pantothenic acid	•	1.100	0 005	2	A	1 1		0.312		
Vitamin B-6		0.460	0.007	4	A	1		0.130		
Folate, total		35 0		1 0	A NR	4		10 0		
Folic acid		35		1	NR A	1		10		
Folate, food				0		1				
Folate, DFE		35 0.0		0	NC NR	4		10 0.0		
Choline, total Betaine		0.0		U	NK	-1		0.0		
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.00		0	NR	4		0.00		
Vitamin B-12, added		0.00		0	NR NR	4		0.00		
Vitamin B-12, added		69		0	NC	4		20		
Retinol		0		0	NR NR	4		0		
Carotene, beta		611		2	A	1		173		
Carotene, alpha		441		2	A	1		125		
Cryptoxanthin, beta		0		2	A	1		0		
Vitamin A, IU		1386		0	AS	1		393		
Lycopene		36		2	A	1		10		
Lutein + zeaxanthin		16		2	A	1		5		
Vitamin E (alpha-tocopherol)		5.04	2.254	3	A	1		1.43		
Vitamin E (alpha-tocopheror)		0.00		0	NR	4		0.00		
Tocopherol, beta		0.02	0.017	3	A	1		0.00		
Tocopherol, gamma		1.81	1.090	3	A	1		0.51		
Tocopherol, delta		0.03	0.033	3	A	1		0.01		
Tocotrienol, alpha		0.14	0.137	3	A	1		0.04		
Tocotrienol, beta		0.00	0.000		A	1		0.00		

	Amount in 100 grams of edible portion					Amount in edible portion of common			
			Num b	er				easures of foo	
					riv Sourc	e Confidence			
N utrients and U nits	Mean	Std. Error	Point	ts Co	de Code	e Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.1	9 0.	193 3	3 .	A 1		0.05		
Tocotrienol, delta	ng 0.1	3 0.	127 3		A 1		0.04		
Vitamin D (D2 + D3)			0	ì	IR 4		0.0		
Vitamin D2 (ergocalciferol)	-								
Vitamin D3 (cholecalciferol)			0	1	z 7		0		
Vitamin K (phylloquinone)			2		2 / A 1		8.1		
Dihydrophylloquinone			2		A 1		0.0		
Menaquinone-4			2	2	A 1		0.0		
Lipids:									
Fatty acids, total saturated	8.3	37	0	ì	IC 4		2.364		
4:0		06 0.	001 4	<u>.</u>	A 1		0.002		
6:09	0.0	01 0.	000 4	<u>.</u>	A 1		0.000		
8:0	•		005 4		A 1		0.006		
10:0			004 4		A 1		0.010		
12:09	•	33 0.	029 4	١ .	A 1		0.009		
13:0		10 0	021 4		A 1		0.000		
14:0			002 4		A 1		0.060 0.002		
16:0	•		785 4		A 1		2.008		
17:0	•		001 4		A 1		0.007		
18:0			088 4		A 1		0.221		
20:0	•		005 4		A 1		0.021		
22:0	0.0	31 0.	005 4	.	A 1		0.009		
24:0	0.0	27 0.	003 4	<u>.</u>	A 1		0.008		
Fatty acids, total monounsaturatedQ	5.6	32	0	ì	IC 4		1.597		
14:1			000 4		A 1		0.000		
15:19			000 4		A 1		0.000		
16:1 undifferentiated			025 4		AS 1		0.033		
16:1 c			025 4 000 4		A 1 A 1		0.033		
16:1 t 17:1			000 4		A 1		0.000		
18:1 undifferentiated	•		142 4		AS 1		1.552		
18:1 c	•		134 4	<u>.</u>	A 1		1.531		
18:1 t		73 0.	012 4	.	A 1		0.021		
18:1-11 t (18:1t n-7))								
20:1			005 4		A 1		0.008		
22:1 undifferentiatedQ			001 4		\S 1		0.000		
22:1 c	•		000 4	-	A 1		0.000		
22:1 t	•		001 4		A 1 A 1		0.000		
24:1 c			004 4		A 1 IC 4		0.004 3.328		
Fatty acids, total polyunsaturated			170 4		as 1		3.293		
18:2 n-6 c,c	•		165 4		A 1		3.255		
18:2 CLAs			004 4		A 1		0.007		
18:2 t,t									
18:2 i	J								
18:2 t not further defined	0.1	11 0.	009 4	<u>.</u>	A 1		0.031		
18:3 undifferentiatedQ			004 4		\S 1		0.022		
18:3 n-3 c,c,c (ALA)			004 4		A 1		0.022		
18:3 n-6 c,c,c	•	00 0.	000 4		A 1		0.000		
18:4		00 0.	000 4	ı	A 1		0.000		
20:2 n-6 c,c	•		003 4		A 1		0.002		
20:3 undifferentiated			000 4		\S 1		0.000		
20:3 n-3			000 4	<u>.</u>	A 1		0.000		
20:3 n-6		00 0.	000 4	<u>.</u>	A 1		0.000		
20:4 undifferentiated	0.0	01 0.	001 4	<u>.</u>	A 1		0.000		
20:4 n-6									
20:5 n-3 (EPA)		28 0.	010 4	ł .	A 1		0.008		
21:59		0E ^	000 -		a 1		2 222		
22:4			000 <u>4</u>		A 1 A 1		0.001 0.000		
22.3 II-3 (DPA)	, 0.0		JUU 4		. т		0.000		

Snacks, plantain chips, salted

	<u>Am ount</u>	t in 100 g	ıram s	Amount in edible portion of common					
		Nu	mber	•			<u>m</u>	easures of fo	<u>od</u>
Nutrients and Units	Mean Std.					Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000) 4	A	1		0.000		
Fatty acids, total transg	0.185		0	NC	4		0.052		
Fatty acids, total trans-monoenoicg	0.074		0	NC	4		0.021		
Fatty acids, total trans-polyenoicg	0.111		0	NC	4		0.031		
Cholesterolmg	0		0	NR	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	NR	4		0.0		
Caffeinemg	0		0	NR	4		0		
Theobrominemg	0		0	NR	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

				Amount in edible portion of common						
		Nu	m be	r			measures of food			
					Source	Confidence	_			
its	Mean S					Code	Measure 1	Measure 2	Measure 3	
	Weari C	ла. 🗆 гог					Wicasarc 1	Measure 2	weasure	
-	3.32	0.305		A	1			0.94		
				NC				110		
								459		
_								3.67		
g								1.29		
-		0.100								
g										
g										
								0.02		
<u>g</u>							0.01	0.02		
g	0.00		1	A	1		0.00	0.00		
g	0.00		1	A	1		0.00	0.00		
g	0.00		1	A			0.00	0.00		
g	54.40		1	A	1		4.35	15.42		
mg	7	0.088	4	A	1		1	2		
mg	3.19	0.048	4	A	1		0.26	0.90		
mg	144	2.972	4	A	1		12	41		
<u>mg</u>	358	5.977	4	A	1		29	101		
mg	329	2.287	4	A	1		26	93		
-	8	0.762	4	A	1		1	2		
	3.08									
		0.003								
µg	0.0		1	А	1		0.0	0.0		
m a	0.0		2		-		0.0	0.0		
-		0 011								
-										
-										
-										
-										
		2.939								
							-			
1.1			0		4		3	٩		
			0		1		1.7	6.0		
-										
				7.						
			0				7			
	58		0	BNA	4		5	16		
	0		0	BNA	4		0	0		
	196		0	NC	4		16	56		
	0		0	Z	7		0	0		
	1450		0	BFSN	4		116	411		
	0.29		0	T	4		0.02	0.08		
	0.00		0	z	7		0.00	0.00		
mg										
	### #### #### #### ###################	g 3.32 kcal 387 kJ 1618 g 12.94 g 4.54 g 1.42 g 77.78 g 1.45 g 0.87 g 0.87 g 0.07 g 0.07 g 0.00 g 0.	g 3.32 0.305 kcal 387 kJ 1618 g 12.94 0.035 g 4.54 0.055 g 1.42 0.100 g 77.78 g 14.5 g 0.87 g 0.07 g 0.00 g	g 3.32 0.305 4 kcal 387 0 kJ 1618 0 g 12.94 0.035 4 g 4.54 0.055 4 g 1.42 0.100 4 g 77.78 0 g 14.5 1 g 0.87 1 g 0.07 1 g 0.07 1 g 0.07 1 g 0.00 1 g	Std. Error Points Code	Second Std. Error Points Source Code Co	Std. Error Points Code Code	State		

	Amount in	100 grams of	edible porti	<u>on</u>		edible portion o	
		Number			<u>m</u>	easures of foo	<u>id</u>
Nutrients and Units	Mean Std. Err	of Data De or Points Co		Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg							
Tocotrienol, deltamg							
Vitamin D (D2 + D3)	0.0	0	Z 7		0.0	0.0	
Vitamin D	0	0	Z 7 O 4		0	0	
Vitamin K (phylloquinone)µg Dihydrophylloquinoneµg	1.2	U	0 4		0.1	0.3	
Menaquinone-4							
Lipids: Fatty acids, total saturatedg	0.637	0	NC 4		0.051	0.180	
4:0g	0.000	0	NC 4		0.000	0.000	
6:0g	0.000	0	1		0.000	0.000	
8:0g	0.000	0	1		0.000	0.000	
10:0g	0.000	1	A 1		0.000	0.000	
12:0g	0.000	1	A 1		0.000	0.000	
13:0g							
14:0g	0.000	1	A 1		0.000	0.000	
15:0g	0.000 0.536	1 1	A 1 A 1		0.000 0.043	0.000 0.152	
16:0g 17:0g	0.000	1	A 1		0.043	0.152	
18:0g	0.076	1	A 1		0.006	0.022	
20:0g	0.016	1	A 1		0.001	0.005	
22:0g	0.008	1	A 1		0.001	0.002	
24:0g							
Fatty acids, total monounsaturatedg	0.950		NC 4		0.076	0.269	
14:1g	0.000	1	A 1		0.000	0.000	
15:1g	0.000	1 1	A 1 A 1		0.000	0.000 0.002	
16:1 undifferentiatedg 17:1g	0.005 0.000	1	A 1		0.000	0.002	
18:1 undifferentiatedg	0.931	1	A 1		0.074	0.264	
20:1g	0.014	1	A 1		0.001	0.004	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated	2.318		NC 4		0.185	0.657	
18:2 undifferentiated	2.263	1	A 1		0.181	0.642	
18:3 undifferentiated	0.054	1	A 1		0.004	0.015	
18:3 n-3 c,c,c (ALA)g 18:3 n-6 c,c,cg	0.000	1	A 1		0.000	0.000	
18:3ig		_			01000		
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg	0.000	1	A 1		0.000	0.000	
20:3 undifferentiatedg	0.000	1	A 1		0.000	0.000	
20:3 n-3g							
20:3 n-6g 20:4 undifferentiatedg	0.000	1	A 1		0.000	0.000	
20:4 undifferentiated	0.000	_	A 1		0.000	0.000	
20:5 n-3 (EPA)	0.000	0	1		0.000	0.000	
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	1		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	1		0.000	0.000	
Fatty acids, total transg Cholesterolmg	0	1	4		0	0	
Phytosterolsmg	Ū	-	-		Ü	Ü	
Amino Acids:							
Tryptophang	0.085	0	1		0.007	0.024	
Threonineg	0.452	0	1		0.036	0.128	
Isoleucineg	0.431	0	1		0.034	0.122	
Leucineg	1.473	0	1		0.118	0.418	
Lysineg	0.338	0	1		0.027	0.096	
Methionineg	0.252 0.217	0	1 1		0.020 0.017	0.071 0.062	
Cystine	0.590	0	1		0.017	0.167	
Tyrosine	0.488	0	1		0.039	0.138	
,							

Snacks, popcorn, air-popped

	<u>Am</u>	ount in 10	_		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Erro		Deriv		Confidence Code		Measure 2	Measure 3
Valineg	0.6		0		1		0.049	0.172	
Arginineg	0.5		0		1		0.048	0.170	
Histidineg	0.3		0		1		0.029	0.104	
Alanineg	0.9	00	0		1		0.072	0.255	
Aspartic acidg	0.8	36	0		1		0.067	0.237	
Glutamic acidg	2.2	55	0		1		0.180	0.639	
Glycineg	0.4	92	0		1		0.039	0.139	
Prolineg	1.0	48	0		1		0.084	0.297	
Serineg	0.5	71	0		1		0.046	0.162	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.0g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 25 Snacks

Refuse:0%

Lipids:

		Amoun	it in 100 gr	am s	ot edil	ole portion	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of fo	<u>od</u>	
					Deriv	Source Confidence	1			
Nutrients and Un	nits	Mean Std	. Error Po			Code Code	Measure 1	Measure 2	Measure 3	
Proximates:	~	4.10	0.000	2		1	0.33	1 16		
Water	-	4.10 382	0.289	3 0	NC	1 4	0.33 31	1.16		
Energy					NC			108		
Energy		1598		0		4	128	453		
Protein (N x 6.25)		12.00	0.569	3		1	0.96	3.40		
Total lipid (fat)	-	4.20	1.185	3		1	0.34	1.19		
Ash	-	1.80	0.088	3		1	0.14	0.51		
Carbohydrate, by difference	g	77.90		0	NC	4	6.23	22.08		
Fiber, total dietary	g	15.1		0		4	1.2	4.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	<u>mg</u>	10	1.739	3		1	1	3		
Iron, Fe	_	2.66	0.300	3		1	0.21	0.75		
Magnesium, Mg		131	16.063	4		1	10	37		
Phosphorus, P		300	49.950	3		1	24	85		
Potassium, K	-	301	28.884	3		1	24	85		
Sodium, Na	_	4		2		1	0	1		
Zinc. Zn		3.44	0.381	3		1	0.28	0.98		
Copper, Cu		0.420	0.080	3		1	0.034	0.119		
Manganese, Mn		0.943	0.092	3		1	0.075	0.267		
Selenium, Se		9.9		0	BFZN	4	0.8	2.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		2		1	0.0	0.0		
Thiamin	-	0.203	0.024	4		1	0.016	0.058		
	-	0.283		4		1	0.018			
Riboflavin	-	1.944	0.063 0.053	4		1	0.023	0.080		
Niacin	-	0.420		4 5		1	0.136	0.551 0.119		
Pantothenic acid	-	0.420	0.077	4		1	0.034			
Vitamin B-6	-		0.039			=		0.069		
Folate, total		23		2	_	1	2	7		
Folic acid		0		0	Z	7	0	0		
Folate, food		23		2		1	2	7		
Folate, DFE		23		0	NC	4	2	7		
Choline, total	-									
Betaine	-									
Vitamin B-12		0.00		1		4	0.00	0.00		
Vitamin A, RAE		1		0	NC	4	0	0		
Retinol		0		0	Z	7	0	0		
Carotene, beta	µg									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		27		0		1	2	8		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									

		Amount in 10	00 grams o	of edible portion		Amount in edible portion of common measures of food			
			Number	Samilar (Samura (Sami)		<u>m e</u>	easures of foo	<u>a</u>	
Nutrients and Units	Ме	an Std.Error		Deriv Source Confic Code Code Co	dence	Measure 1	Measure 2	Measure 3	
								_	
Fatty acids, total saturated		0.570	0	1		0.046	0.162		
4:0	_								
6:0 8:0	-								
10:0	_								
12:0	-								
13:0	•								
14:0	_								
15:0 16:0	_	0.500	1	1		0.040	0.142		
17:0	=	0.500	-	-		0.040	0.112		
18:0	-	0.070	1	1		0.006	0.020		
20:0	g								
22:0	g								
24:0	-		_						
Fatty acids, total monounsaturated		1.100	0	1		0.088	0.312		
14:1 15:1	-								
16:1 undifferentiated		0.000	1	1		0.000	0.000		
17:1	_								
18:1 undifferentiated	g	1.100	1	1		0.088	0.312		
20:1									
22:1 undifferentiated									
24:1 cFatty acids, total polyunsaturated		1.900	0	1		0.152	0.539		
18:2 undifferentiated		1.840	1	1		0.132	0.522		
18:3 undifferentiated		0.060	1	1		0.005	0.017		
18:4	_								
20:2 n-6 c,c	g								
20:3 undifferentiated	_								
20:4 undifferentiated	_								
20:5 n-3 (EPA)	_								
22:4	_								
22:5 n-3 (DPA)	_								
22:6 n-3 (DHA)	g								
Fatty acids, total trans									
Cholesterol	=	0	1	4		0	0		
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.085	0	1		0.007	0.024		
Threonine	=	0.452	0	1		0.036	0.128		
Isoleucine	=	0.431	0	1 1		0.034	0.122		
LeucineLysine		1.473 0.338	0	1		0.118 0.027	0.418 0.096		
Methionine	=	0.252	0	1		0.020	0.071		
Cystine		0.217	0	1		0.017	0.062		
Phenylalanine	g	0.590	0	1		0.047	0.167		
Tyrosine	g	0.488	0	1		0.039	0.138		
Valine		0.607	0	1		0.049	0.172		
Arginine		0.598	0	1		0.048	0.170		
Histidine		0.367	0	1		0.029	0.104		
Alanine	_	0.900	0	1 1		0.072	0.255		
Aspartic acidGlutamic acid	_	0.836 2.255	0	1		0.067 0.180	0.237 0.639		
Glycine		0.492	0	1		0.039	0.639		
Proline		1.048	0	1		0.084	0.297		
Serine		0.571	0	1		0.046	0.162		
Hydroxyproline									

Snacks, popcorn, air-popped (Unsalted)

Common Measures: Measure 1 = 8.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 25 Snacks

		<u>Am ou</u>	<u>nt in 100 gr</u>	am s	of edik	le portion		Amount in e	dible portion	of common
			Nun	nber					easures of fo	
						Source Co	nfidence			
Nutrients and Un	:40	Mean St	d.Error Po				Code	Magazira 1	Magazira 2	Measure
Nutrients and on	its	wean St	u. Error 10	11113	Oout	Oode	Oode	Measure 1	Measure 2	weasure
Proximates:										
Water		5.00	0.903	4		1		0.50	1.00	
Energy	kcal	384		0	NC	4		38	77	
Energy	kJ	1607		0		4		161	321	
Protein (N x 6.1)	g	9.70	0.387	4		1		0.97	1.94	
Total lipid (fat)	g	3.10	0.437	4		1		0.31	0.62	
Ash	g	2.00	0.263	4		1		0.20	0.40	
Carbohydrate, by difference	g	80.10		0	NC	4		8.01	16.02	
Fiber, total dietary	g	2.9		0		4		0.3	0.6	
Sugars, total	g	0.72		0	BFSN	4		0.07	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	9	1.495	3		1		1	2	
Iron, Fe	mg	1.87	0.333	3		1		0.19	0.37	
Magnesium, Mg	_	159		1		4		16	32	
Phosphorus, P	_	277		1		4		28	55	
Potassium, K	-	327	28.480	3		1		33	65	
Sodium, Na	_	288	55.434			1		29	58	
Zinc, Zn	_	3.99		1		4		0.40	0.80	
Copper, Cu		0.569		1		4		0.057	0.114	
Manganese, Mn	_	0.985		1		4		0.099	0.197	
Selenium, Se	µg	9.9		0	BFZN	4		1.0	2.0	
<u> /itamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		1		4		0.0	0.0	
Thiamin	_	0.075	0.005	3		1		0.008	0.015	
Riboflavin	_	0.178	0.026	3		1		0.018	0.036	
Niacin	_	6.006	1.240	3		1		0.601	1.201	
Pantothenic acid		0.434		1 1		4		0.043	0.087	
Vitamin B-6	_	0.181		1		4 4		0.018 2	0.036 4	
Folate, total		18 0		0	z	7		0	0	
Folic acid		18		1	4	4		2	4	
Folate, food		18		0	NC	4		2	4	
Choline, total		22.4		0	FLA	4		2.2	4.5	
Betaine		22.1		U	FLIA	-		2.2	4.5	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		4		0	NC	4		0	1	
Retinol		0		0	BNA	4		0	0	
Carotene, beta		33		0	BNA	4		3	7	
Carotene, alpha		21		0	BNA	4		2	4	
Cryptoxanthin, beta		0		0	BNA	4		0	0	
Vitamin A, IU		72	28.000	3		1		7	14	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		537		0	0	4		54	107	
Vitamin E (alpha-tocopherol)		0.29		0	BFSN	4		0.03	0.06	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	g									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				•	_	_		• •		
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		•	Z	7		0	0	
Vitamin K (phylloquinone)		1.1		0	BFSN	4		0.1	0.2	
Dihydrophylloquinone	µg µg									

		<u>Ar</u>	mou	nt in 10	0 gram s	of edi	ble portio	<u>on</u>	Amount in edible portion of common			
					Number					easures of foo		
							Source (Confidence				
Nutrients and Units	ı	Mean	Sto	d. Error	Points		Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:												
Fatty acids, total saturated	g	0.4	480		0		1		0.048	0.096		
4:0	•	0.0	000		0		1		0.000	0.000		
6:0	0		000		0		1		0.000	0.000		
8:0			000		0		1 1		0.000	0.000		
10:0 12:0			000 000		0 1		1		0.000	0.000 0.000		
13:0	-	0.	000		_		_		0.000	0.000		
14:0	-	0.0	000		1		1		0.000	0.000		
15:0	-											
16:0	g	0.4	420		1		1		0.042	0.084		
17:0	-											
18:0	-	0.0	050		1		1		0.005	0.010		
20:0	-											
22:0 24:0	-											
Fatty acids, total monounsaturated		0.9	920		0		1		0.092	0.184		
14:1												
15:1												
16:1 undifferentiated	g	0.0	010		1		1		0.001	0.002		
17:1	-											
18:1 undifferentiated			910		1		1		0.091	0.182		
20:1			000		0		1 1		0.000	0.000		
22:1 undifferentiated	•	0.1	000		U		1		0.000	0.000		
Fatty acids, total polyunsaturated	-	1.	350		0		1		0.135	0.270		
18:2 undifferentiated			310		1		1		0.131	0.262		
18:3 undifferentiated		0.0	040		1		1		0.004	0.008		
18:4	g	0.0	000		0		1		0.000	0.000		
20:2 n-6 c,c	-											
20:3 undifferentiated							_					
20:4 undifferentiated			000 000		0		1 1		0.000	0.000		
20:5 n-3 (EPA) 21:5	-	0.1	000		U		1		0.000	0.000		
22:4	-											
22:5 n-3 (DPA)		0.0	000		0		1		0.000	0.000		
22:6 n-3 (DHA)	g	0.0	000		0		1		0.000	0.000		
Fatty acids, total trans												
Cholesterol	-	0			1		4		0	0		
Phytosterols	mg											
Amino Acids:												
Tryptophan	g	0.0	091		0		1		0.009	0.018		
Threonine	-		363		0		1		0.036	0.073		
Isoleucine			372		0		1		0.037	0.074		
Leucine	-		053		0		1		0.105	0.211		
Lysine Methionine			312 210		0		1 1		0.031 0.021	0.062 0.042		
Cystine	-		210 156		0		1		0.021	0.042		
Phenylalanine	-		488		0		1		0.049	0.098		
Tyrosine			387		0		1		0.039	0.077		
Valine		0.	523		0		1		0.052	0.105		
Arginine	g	0.	581		0		1		0.058	0.116		
Histidine	g		280		0		1		0.028	0.056		
Alanine	-		671		0		1		0.067	0.134		
Aspartic acid			767		0		1		0.077	0.153		
Glutamic acid			890 431		0		1 1		0.189	0.378		
GlycineProline			431 706		0		1		0.043 0.071	0.086 0.141		
Serine			480		0		1		0.048	0.141		
Hydroxyproline	-				•		_					
•												
Others: Alcohol, ethyl	ď	0.0	0		0		7		0.0	0.0		
Caffeine	=	0.1	-		0	BFSN			0.0	0.0		
_ 31101110	5	•			•		-		-	-		

NDB No. 19036 Snacks, popcorn, cakes

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Amount in edible portion of common measures of food

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Theobromine......mg 0 0 BFSN 4 0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 1 cake Measure 2 = 20g: 2 cakes

Calories Factors: Protein 3 Fat 8.4 Carbohydrate4.1

Food Group: 25 Snacks

		<u>Am our</u>	it in 100 gran	s of edi	ible portion		Amount in e	dible portion	of common
			Num b	er			m	easures of fo	od
					Source Co	onfidence	_		
Nutrients and Ur	nits	Mean Std	. Error Point			Code	Measure 1	Measure 2	Measure 3
_									
Proximates: Water	a	3.30	0.180 1	2	1		0.94	1.88	
Energy		400	0.100		4		113	228	
Energy		1674	0		4		474	954	
Protein (N x 5.9)		6.40	2		1		1.81	3.65	
Total lipid (fat)	_	7.80	0.709 5		1		2.21	4.45	
Ash	•	1.80	0.709 3		1		0.51	1.03	
Carbohydrate, by difference	-	80.70	0				22.88	46.00	
• •		3.8	0		1		1.1	2.2	
Fiber, total dietary		45.36	0		4		12.86		
Sugars, total		45.30	U	0	4		12.86	25.85	
Starch	g								
Minerals:	m a		4 461 1		-		10	20	
Calcium, Ca	_	66 3.91	4.461 14 0.148 14		1 1		19 1.11	38 2.23	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •				1				
Magnesium, Mg Phosphorus, P		80 127	3.506 14 4.885 13		1		23 36	46 72	
Priospriorus, P Potassium, K		355	12.151 1		1		101	202	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	177	12.151 1:		8		50	101	
Zinc, Zn	-	1.24	0.060 14		1		0.35	0.71	
Copper, Cu		0.297	0.000 1		1		0.084	0.71	
Manganese, Mn	_	0.764	0.009 12		1		0.084	0.109	
Selenium, Se	_	3.9	0.020 1.				1.1	2.2	
Scienium, Sc	Р9	3.5	•	PIM	-			2.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	1		1		0.0	0.0	
Thiamin	_	0.051	1		1		0.014	0.029	
Riboflavin	mg	0.126	1		1		0.036	0.072	
Niacin	mg	1.990	1		1		0.564	1.134	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.230	1		1		0.065	0.131	
Vitamin B-6	mg	0.185	1		1		0.052	0.105	
Folate, total		16	1		4		5	9	
Folic acid	µg	0	0				0	0	
Folate, food		16	1		4		5	9	
Folate, DFE		16	0		4		5	9	
Choline, total	mg	17.3	0	FLA	4		4.9	9.8	
Betaine	_								
Vitamin B-12	µg	0.00	1		1		0.00	0.00	
Vitamin B-12, added		0.00	0		7		0.00	0.00	
Vitamin A, RAE	µg	4	0	NC	4		1	2	
Retinol	µg	0	0	FLM	4		0	0	
Carotene, beta	µg	35	0				10	20	
Carotene, alpha		23	0				7	13	
Cryptoxanthin, beta		0	0				0	0	
Vitamin A, IU	JU	78	0	NC	4		22	45	
Lycopene		0	0				0	0	
Lutein + zeaxanthin	µg	580	0	FLM			164	330	
Vitamin E (alpha-tocopherol)		0.85	0				0.24	0.48	
Vitamin E, added		0.00	0	Z	7		0.00	0.00	
Tocopherol, beta	_								
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta	_								
Tocotrienol, gamma									
Tocotrienol, delta			=	_	_				
Vitamin D (D2 + D3)		0.0	0		7		0.0	0.0	
Vitamin D		0	0		7		0	0	
Vitamin K (phylloquinone)		3.9	0	FLM	4		1.1	2.2	
Dihydrophylloquinone									
Menaquinone-4	µg								

		ınt in 10	Amount in edible portion of common							
				Number					easures of foc	
						Source C	onfidence			
Nutrients and Units	Mea	n St	d. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated		1.040		0		1		0.295	0.593	
4:0	•	0.000		0		1		0.000	0.000	
6:0 8:0.	•	0.000		0		1 1		0.000	0.000 0.000	
10:0	.0	0.000		0		1		0.000	0.000	
12:0	=	0.000		0		1		0.000	0.000	
13:0	.9									
14:0	=	0.000		1		1		0.000	0.000	
15:0	=	0.820		1		1		0.000	0.465	
16:0 17:0	.0	0.020				1		0.232	0.467	
18:0	=	0.160		1		1		0.045	0.091	
20:0	_									
22:0	=									
24:0				•						
Fatty acids, total monounsaturated	.0	2.730		0		1		0.774	1.556	
15:1										
16:1 undifferentiated		0.010		1		1		0.003	0.006	
17:1	.9									
18:1 undifferentiated		2.670		1		1		0.757	1.522	
20:1	_	0.050		1		1		0.014	0.029	
22:1 undifferentiated 24:1 c	•	0.000		0		1		0.000	0.000	
Fatty acids, total polyunsaturated	=	3.270		0		1		0.927	1.864	
18:2 undifferentiated		3.210		1		1		0.910	1.830	
18:3 undifferentiated	.g	0.060		1		1		0.017	0.034	
18:4	•	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)		0.000		0		1		0.000	0.000	
21:5	=									
22:4	_									
22:5 n-3 (DPA)	.0	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)		0.000		0 0	Z	1 7		0.000	0.000	
Fatty acids, total trans Cholesterol		0.000		1	Z	1		0.000	0.000	
Phytosterols	_			_		_		ŭ	v	
3 · · · · · · · · · · · · · · · · · · ·	0									
Amino Acids: Tryptophan	a	0.052		0		1		0.015	0.030	
Threonine		0.032		0		1		0.015	0.030	
Isoleucine		0.227		0		1		0.064	0.129	
Leucine	g	0.641		0		1		0.182	0.365	
Lysine		0.199		0		1		0.056	0.113	
Methionine		0.112		0		1		0.032	0.064	
CystinePhenylalanine	.0	0.103 0.320		0 0		1 1		0.029 0.091	0.059 0.182	
Tyrosine		0.261		0		1		0.074	0.182	
Valine	.0	0.303		0		1		0.086	0.173	
Arginine		0.489		0		1		0.139	0.279	
Histidine		0.182		0		1		0.052	0.104	
Alanine		0.392		0		1		0.111	0.223	
Aspartic acid	.0	0.572 1.250		0 0		1 1		0.162 0.354	0.326 0.713	
Glutamic acid		0.309		0		1		0.354	0.713	
Proline		0.452		0		1		0.128	0.258	
Serine	=	0.308		0		1		0.087	0.176	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	_	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	FLM	4		0	0	

Snacks, popcorn, caramel-coated, with peanuts

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Measure 2

Measure 3

Code

Measure 1

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz (approx 2/3 cup)

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3

Fat 8.5

Carbohydrate 3.9

Food Group: 25 Snacks

		AIIIC	<u> </u>	o graii	S OI EUI	ble porti	<u>011</u>	<u>Amount in e</u>	dible portion	of common
				Numbe	er				easures of fo	
						Source	Confidence	_		-
Nutrionto and Ilui	:40	Mean	Std. Error				Code		Magaura 2	Magaura
Nutrients and Uni	its	wean :	Sta. Error	1 Ollit	s coue	Code	Coue	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80	0.	189 5		1		0.79		
Energy	kcal	431		0	NC	4		122		
Energy	kJ	1803		0		4		511		
Protein (N x 6.2)	g	3.80	0.	405 5		1		1.08		
Total lipid (fat)	g	12.80	3.	312 5		1		3.63		
Ash	g	1.50	0.	201 5		1		0.43		
Carbohydrate, by difference	g	79.10		0	NC	4		22.42		
Fiber, total dietary	g	5.2		0		1		1.5		
Sugars, total	g	53.19		0	0	4		15.08		
Starch										
	_									
Minerals:										
Calcium, Ca	-	43		2		1		12		
Iron, Fe		1.74	0.	460 3		1		0.49		
Magnesium, Mg		35		1		1		10		
Phosphorus, P		83		1		1		24		
Potassium, K	-	109		1		1		31		
Sodium, Na	-	206		2 1		1 1		58		
Zinc, Zn	-	0.58 0.11	n	1		1		0.16 0.034		
Copper, Cu		0.22		1		1		0.034		
Manganese, Mn Selenium, Se		3.6	J	0	FLM	4		1.0		
Selemum, Se	P9	3.0		·	PID	-		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	g	0.0		1		1		0.0		
Thiamin	-	0.06	5	1		1		0.018		
Riboflavin	mg	0.07	0	1		1		0.020		
Niacin	mg	2.20	0	1		1		0.624		
Pantothenic acid	-	0.08	2	1		4		0.023		
Vitamin B-6	mg	0.02	В	1		4		0.008		
Folate, total	µg	5		0	FLM	4		2		
Folic acid	µg	0		0	FLM	4		0		
Folate, food		5		0	FLM	4		2		
Folate, DFE		5		0	NC	4		2		
Choline, total	-	23.5		0	FLA	4		6.7		
Betaine										
Vitamin B-12		0.01		1		4		0.00		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		2		0	NC	4		1		
Retinol		2		0	FLM	-		1		
Carotene, beta		1 0		0	FLM	4		0		
Carotene, alpha		-		0	FLM	4		0		
Cryptoxanthin, beta		0 8		0	FLM	4 4		0 2		
Vitamin A, IU				•	NC					
Lycopene		0		0	FLM FLM	4 4		0		
Lutein + zeaxanthin		1.20		0	FLM	4		0.34		
Vitamin E (alpha-tocopherol)		0.00		0	FLM Z	7		0.34		
Vitamin E, added Tocopherol, beta		0.00		U	2	,		0.00		
•										
Tocopherol, gamma Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0		
Vitamin D		0		0	z	7		0		
Vitamin K (phylloquinone)		12.5		0	FLM	4		3.5		
Dihydrophylloquinone		12.5		Ū		-		3.3		
Menaquinone-4										

	<u>Aı</u>	in 100	Amount in edible portion of common							
		Number							easures of foc	
			-			Source C	onfidence			_
Nutrients and Units	Mean	Std.		Points		Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	.g 3.	510		0		1		1.023		
4:0		L10		1		1		0.031		
6:0	.g 0.	070		1		1		0.020		
8:0	•	040		1		1		0.011		
10:0	•	090		1 1		1 1		0.026		
12:0 13:0	-	L00		_		1		0.028		
14:0	=	370		1		1		0.105		
15:0	=									
16:0	.g 2.	L20		1		1		0.601		
17:0	-									
18:0		720		1		1		0.204		
20:0 22:0	=									
24:0	=									
Fatty acids, total monounsaturated		380		0		1		0.816		
14:1	.g									
15:1										
16:1 undifferentiated		L00		1		1		0.028		
17:1		780		1		1		0.788		
20:1		000		0		1		0.000		
22:1 undifferentiated		000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		180		0		1		1.270		
18:2 undifferentiated		070		1		1		1.154		
18:3 undifferentiated	•	100		1 0		1 1		0.113		
18:4 20:2 n-6 c,c	-	000		U		1		0.000		
20:3 undifferentiated										
20:4 undifferentiated	-	000		0		1		0.000		
20:5 n-3 (EPA)	.g 0.	000		0		1		0.000		
21:5	-									
22:4	•			•				0.000		
22:5 n-3 (DPA) 22:6 n-3 (DHA)	•	000		0		1 1		0.000		
Fatty acids, total trans	•	000		0	z	7		0.000		
Cholesterol	-			0	NR	4		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a 0.	045		0		1		0.013		
Threonine	.0	L51		0		1		0.043		
Isoleucine	.g 0.	L57		0		1		0.045		
Leucine	.0	284		0		1		0.081		
Lysine	•	281		0		1		0.080		
Methionine	.0	073 039		0		1 1		0.021 0.011		
CystinePhenylalanine		154		0		1		0.011		
Tyrosine	.0	L09		0		1		0.031		
Valine	. •	L77		0		1		0.050		
Arginine	.g 0.	235		0		1		0.067		
Histidine	.0	L09		0		1		0.031		
Alanine	•	208		0		1		0.059		
Aspartic acid	. •	389 558		0		1 1		0.110		
Glutamic acid		224		0		1		0.187 0.064		
Proline	.0	171		0		1		0.048		
Serine		L56		0		1		0.044		
Hydroxyproline	.g									
Others:										
Alcohol, ethyl	.g 0.)		0		7		0.0		
Caffeine	mg 0			0	FLM	4		0		

Snacks, popcorn, caramel-coated, without peanuts

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

0 FLM

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate 3.9

Food Group: 25 Snacks

		<u>Am ou</u>	nt in 100 gr	am s	of edil	ble portion		Amount in e	dible portion	of common
			Nun	nber					easures of fo	
						Source Co	nfidanca			
Nutrionto and Ilm	:40	Maan St	d. Error Po				Code	Magazza 1	Magazira 2	Magazzza
Nutrients and Un	its	Mean St	u. Error 10	11113	Oouc	Oout	Oode	Measure 1	Measure 2	Measure
Proximates:										
Water		2.50	0.210	13		1		0.28	0.71	
Energy	kcal	526		0	NC	4		58	149	
Energy	kJ	2203		0	NC	4		242	625	
Protein (N x 6.3)	g	9.30	0.292	10		1		1.02	2.64	
Total lipid (fat)	g	33.20	0.903			1		3.65	9.41	
Ash	_	3.40	0.194	8		1		0.37	0.96	
Carbohydrate, by difference	g	51.60		0	NC	4		5.68	14.63	
Fiber, total dietary	g	9.9		0		1		1.1	2.8	
Sugars, total	g	0.79		0	FLA	4		0.09	0.22	
Starch	g									
Minerals:										
Calcium, Ca	-	113	11.074			1		12	32	
Iron, Fe		2.24	0.181			1		0.25	0.64	
Magnesium, Mg		91	5.826	6		1		10	26	
Phosphorus, P		361	36.838	6		1 1		40 29	102 74	
Potassium, K	-	261 889	23.823 73.308	8		1		29 98	7 4 252	
Zinc, Zn	-	2.01	0.136	6		1		0.22	252 0.57	
Copper, Cu	-	0.140	0.136	4		1		0.22	0.040	
Manganese, Mn	-	0.713	0.031	5		1		0.078	0.202	
Selenium, Se	-	12.0	0,002	0	FLM	4		1.3	3.4	
itamins:										
Vitamin C, total ascorbic acid	ma	0.5	0.496	3		1		0.1	0.1	
Thiamin	-	0.124	0.034	8		1		0.014	0.035	
Riboflavin	-	0.241	0.022	7		1		0.027	0.068	
Niacin	-	1.453	0.074	8		1		0.160	0.412	
Pantothenic acid	mg	0.461	0.011	3		1		0.051	0.131	
Vitamin B-6	mg	0.235	0.014	3		1		0.026	0.067	
Folate, total	µg	11		1		4		1	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food		11		1		4		1	3	
Folate, DFE		11		0	NC	4		1	3	
Choline, total	-	15.3		0	FLA	4		1.7	4.3	
Betaine				_						
Vitamin B-12		0.53		1		4		0.06	0.15	
Vitamin B-12, added		0.00 8		0	FLA NC	4 4		0.00 1	0.00 2	
Vitamin A, RAE		1		0	FLA	4		0	0	
Retinol Carotene, beta		62		0	FLA	4		7	17	
Carotene, alpha		40		0	FLA	4		4	11	
Cryptoxanthin, beta		0		0	FLA	4		0	0	
Vitamin A, IU		140		0	NC	4		15	40	
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		1002		0	FLA	4		110	284	
Vitamin E (alpha-tocopherol)		3.82		0	FLA	4		0.42	1.08	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	g									
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta		0.0		0	MD	4		0.0	0.0	
Vitamin D (D2 + D3)		0.0		0	NR NR	4		0.0	0.0	
Vitamin D		8.2		0	NK FLA	4		0.9	2.3	
Vitamin K (phylloquinone)		0.2		U	FUA	-		0.9	4.3	
Dihydrophylloquinone Menaquinone-4										

	<u>Ar</u>	nount in 1	00 grams		dible portion o			
			Number of Data	Doriv	Source Confidence	<u></u>	<u> </u>	<u>u</u>
Nutrients and Units	Mean	Std. Erro	or Data or Points		Code Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturated		410 030	0 1		1	0.705 0.003	1.817 0.009	
6:0	•	020	1		1	0.003	0.009	
8:0	•	010	1		1	0.001	0.003	
10:0		030	1		1	0.003	0.009	
12:0	=	020	1		1	0.002	0.006	
13:0	-	220	1		1	0.024	0.062	
15:0	=					*****	*****	
16:0	g 4.8	800	1		1	0.528	1.361	
17:0			_		_			
18:0		280	1		1	0.141	0.363	
22:0	=							
24:0								
Fatty acids, total monounsaturated		700	0		1	1.067	2.750	
14:1								
16:1 undifferentiated	-	100	1		1	0.011	0.028	
17:1								
18:1 undifferentiated	=	500	1		1	1.056	2.722	
20:1		000 000	0		1	0.000	0.000 0.000	
24:1 c	=	000	U		1	0.000	0.000	
Fatty acids, total polyunsaturated	-	370	0		1	1.691	4.357	
18:2 undifferentiated	-		1		1	1.595	4.111	
18:3 undifferentiated	•	880	1		1	0.097	0.249	
18:4		000	0		1	0.000	0.000	
20:2 II-6 c,c								
20:4 undifferentiated		000	0		1	0.000	0.000	
20:5 n-3 (EPA)	=	000	0		1	0.000	0.000	
21:5	=							
22:5 n-3 (DPA)	-	000	0		1	0.000	0.000	
22:6 n-3 (DHA)	•	000	0		1	0.000	0.000	
Fatty acids, total trans								
Cholesterol	-	2	.722 5		1	1	3	
Phytosterols	mg							
Amino Acids:					_			
Tryptophan	,	094 417	0		1	0.010 0.046	0.027 0.118	
Isoleucine		402	0		1	0.044	0.118	
Leucine	•	024	0		1	0.113	0.290	
Lysine	g 0.4	443	0		1	0.049	0.126	
Methionine	•	191	0		1	0.021	0.054	
Cystine		160 405	0		1	0.018 0.045	0.045 0.115	
Tyrosine	=	349	0		1	0.038	0.099	
Valine	•	489	0		1	0.054	0.139	
Arginine	•	391	0		1	0.043	0.111	
Histidine	•	252	0		1	0.028	0.071	
Alanine	•	580 718	0		1 1	0.064 0.079	0.164 0.204	
Glutamic acid	•	716 729	0		1	0.190	0.204	
Glycine	,	308	0		1	0.034	0.087	
Proline	g 0.1	743	0		1	0.082	0.211	
Serine	•	446	0		1	0.049	0.126	
Hydroxyproline	J							
Others:		•	•			0.0	• -	
Alcohol, ethyl	=	U	0	FLA	7 4	0.0	0.0 0	
Caricine	9		U	LUA	4	J	v	

Snacks, popcorn, cheese-flavor

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 1

0

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 1 cupMeasure 2 = 28.35g: 1 oz

Calories Factors: Protein 3

Fat 8.8

Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10			ole portio	<u>on</u>		edible portion	
				Number		_		<u>m</u>	easures 01 100	<u> </u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80	0	0		4		0.22	0.79	
Energy	kcal	500		0		4		40	142	
Energy	kJ	2092		0		4		167	593	
Protein	g	9.00	0	0		4		0.72	2.55	
Total lipid (fat)	g	28.10	0	0		4		2.25	7.97	
Ash	g	2.00	0	0	0	4		0.16	0.57	
Carbohydrate, by difference	g	58.10	0	0	NC	4		4.65	16.47	
Fiber, total dietary	g	10.0		0		4		0.8	2.8	
Sugars, total	g	0.54	4	0	0	4		0.04	0.15	
Starch	g									
Minorola										
Minerals:	m.c	1.0		^				-	•	
Calcium, Ca	-	10	0	0		4		1	3	
Iron, FeMagnesium, Mg		2.78 108	5	0		4 4		0.22 9	0.79 31	
0 , 0	-	250		0		4		20	71	
Phosphorus, P Potassium, K		225		0		4		18	64	
Sodium, Na		3		0		4		0	1	
Zinc, Zn	-	2.64	4	0		4		0.21	0.75	
Copper, Cu	-	0.2		0		4		0.018	0.063	
Manganese, Mn										
Selenium, Se		7.3		0	BFZN	4		0.6	2.1	
¥7:4										
<u>Vitamins:</u>				•				0.0	0.1	
Vitamin C, total ascorbic acid	-	0.3	20	0 0		4 4		0.0	0.1	
Thiamin		0.1		0		4		0.010 0.011	0.037 0.040	
Riboflavin	-	1.5		0		4		0.011	0.040	
Pantothenic acid	-	1.5	50	U		4		0.124	0.439	
Vitamin B-6	-	0.2	10	0		4		0.017	0.060	
Folate, total	-	17		0		4		1	5	
Folic acid		0		0	z	7		0	0	
Folate, food		17		0		4		1	5	
Folate, DFE		17		0	NC	4		1	5	
Choline, total		16.0		0	NR	4		1.3	4.5	
Betaine										
Vitamin B-12	µg	0.00	0	0		7		0.00	0.00	
Vitamin B-12, added	µg	0.00	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	8		0	NC	4		1	2	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	70		0	0	4		6	20	
Carotene, alpha	µg	46		0	0	4		4	13	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	J <u>U</u>	155		0	NC	4		12	44	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		1087		0	0	4		87	308	
Vitamin E (alpha-tocopherol)		2.43		0	0	4		0.19	0.69	
Vitamin E, added		0.00	0	0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		4.3		0	0	4		0.3	1.2	
Dihydrophylloquinone				•	-	-			= ·-	
Menaquinone-4										

	<u>An</u>	1	Amount in edible portion of common measures of food						
			Number				<u>m</u>	easures of foc	<u>ou</u>
			of Data	Deriv	Source Co	onfidence			
Nutrients and Units	Mean	Std. Erro	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 5.0	50	0	NC	4		0.404	1.432	
4:0		00	0		4		0.000	0.000	
6:0	g 0.0	00	0		4		0.000	0.000	
8:0	g 0.0	00	0		4		0.000	0.000	
10:0	g 0.0	00	0		4		0.000	0.000	
12:0	g 0.0	00	0		4		0.000	0.000	
13:0	g								
14:0	g 0.0	80	0		4		0.006	0.023	
15:0	g								
16:0	g 3.9	30	0		4		0.314	1.114	
17:0	g								
18:0	g 1.0	40	0		4		0.083	0.295	
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g 8.2	90	0	NC	4		0.663	2.350	
14:1	g								
15:1	g								
16:1 undifferentiated	g 0.0	60	0		4		0.005	0.017	
17:1	9								
18:1 undifferentiated	g 8.2	30	0		4		0.658	2.333	
20:1	g 0.0	00	0		4		0.000	0.000	
22:1 undifferentiated	g 0.0	00	0		4		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g 13.5	20	0	NC	4		1.082	3.833	
18:2 undifferentiated	g 12.7	30	0		4		1.018	3.609	
18:3 undifferentiated	g 0.7	90	0		4		0.063	0.224	
18:4	g 0.0	00	0		4		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g 0.0	00	0		4		0.000	0.000	
20:5 n-3 (EPA)	g 0.0	00	0		4		0.000	0.000	
21:5	g								
22:4	g								
22:5 n-3 (DPA)	g 0.0	00	0		4		0.000	0.000	
22:6 n-3 (DHA)	g 0.0	00	0		4		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg 0		0		7		0	0	
Phytosterols	mg								
Others:									
Alcohol, ethyl	g 0.0		0		7		0.0	0.0	
Caffeine	mg 0		0	Z	7		0	0	
Theobromine	mg 0		0	Z	7		0	0	

Common Measures:

Measure 1 = 8.0g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am ou</u>	nt in 100 gr	am s	of edi	ble porti	<u>on</u>	Amount in e	edible portion	of common
			Num	ber					easures of fo	
					Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	4.22	0.153	8	Α	1		1.20		
Energy		402		0	NC	4		114		
Energy		1682		0	NC	4		477		
Protein		10.72	0.361	8	A	1		3.04		
Total lipid (fat)		6.10	0.113	7	A	1		1.73		
Ash	-	2.91	0.066	8	A	1		0.83		
Carbohydrate, by difference		76.04		0	NC	4		21.56		
Fiber, total dietary		13.6	0.890	4	A	1		3.9		
Sugars, total		0.65	0.041	8	A	1		0.18		
Sucrose	g	0.65	0.041	8	A	1		0.18		
Glucose (dextrose)		0.00	0.000	8	A	1		0.00		
Fructose	g	0.00	0.000	8	A	1		0.00		
Lactose	g	0.00	0.000	8	A	1		0.00		
Maltose	g	0.00	0.000	8	A	1		0.00		
Galactose	g	0.00	0.000	8	A	1		0.00		
Starch		59.75	0.643	8	A	1		16.94		
Minerals:										
Calcium, Ca	<u>m</u> g	14	0.994	8	A	1		4		
Iron, Fe	mg	2.87	0.155	8	A	1		0.81		
Magnesium, Mg	mg	124	12.835	8	A	1		35		
Phosphorus, P	<u>m</u> g	304	24.592	8	A	1		86		
Potassium, K	mg	284	19.372	8	A	1		80		
Sodium, Na	mg	571		0	NR	4		162		
Zinc, Zn	mg	2.80	0.097	6	A	1		0.79		
Copper, Cu	mg	0.262	0.029	8	A	1		0.074		
Manganese, Mn		1.085	0.058	8	A	1		0.308		
Selenium, Se	µg	6.9	2.206	8	A	1		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0	0.000	4	A	1		0.0		
Thiamin	_	0.070	0.027	4	A	1		0.020		
Riboflavin	_	0.151	0.007	8	A	1		0.043		
Niacin	-	2.099	0.088	8	A	1		0.595		
Pantothenic acid										
Vitamin B-6	•	0.210	0.003	8	A	1		0.060		
Folate, total		18	2.097	4	A	1		5		
Folic acid		0	0.000	4	A	1		0		
Folate, food		18		0	AS	1		5		
Folate, DFE		18		0	NC	4		5		
Choline, total		13.0		0	AS	1		3.7		
Betaine		0.3		1	A	1		0.1		
Vitamin B-12		0.00		0	_	7		0.00		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		13		0	AS	1		4		
Retinol		0		0	Z	7		0		
Carotene, beta		75		2	A	1		21		
Carotene, alpha		7		2	A	1		2		
Cryptoxanthin, beta		160		2	A	1		45		
Vitamin A, IU		264		0	AS	1		75		
Lycopene		0		2	A	1		0		
Lutein + zeaxanthin		1259		2	A	1		357		
Vitamin E (alpha-tocopherol)		0.41	0.047	8	A	1		0.12		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta		0.02	0.004	8	A	1		0.01		
Tocopherol, gamma		4.26	0.422	8	A	1		1.21		
Tocopherol, delta		0.90	0.141	8	A	1		0.26		
Tocotrienol, alpha	mg	0.32	0.010	8	A	1		0.09		

	<u>An</u>	ount in 10	Amount in edible portion of common							
			Num b	er					easures of foo	
			of Da	ıta		Source C	onfidence			
N utrients and U nits	Mean	Std. Error	Poin	ts	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.3	7 0.	017	8	A	1		0.11		
Tocotrienol, delta		1 0.	021	8	A	1		0.03		
Vitamin D (D2 + D3)	ıg 0.0		(0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	ıg									
Vitamin D3 (cholecalciferol)										
Vitamin Dl				0	Z	7		0		
Vitamin K (phylloquinone)				4	A	1 1		0.3		
Dihydrophylloquinone		3.	350	4	A	1		2.4		
Menaquinone-4	ig									
Lipids:										
Fatty acids, total saturated				0	NC	4		0.336		
4:0				4	A	1		0.000		
6:0				4	A	1		0.000		
8:0				4	A	1		0.000		
10:0	•			4 4	A A	1 1		0.000		
12:0		02 0.	001	4	A	1		0.001		
14:0	•	08 0	002	4	A	1		0.002		
15:0	,			4	A	1		0.002		
16:0	•			4	A	1		0.209		
17:0	•			4	A	1		0.002		
18:0	•			4	A	1		0.108		
20:0	0.0	24 0.	004	4	A	1		0.007		
22:0	0.0	15 0.	002	4	A	1		0.004		
24:0	0.0	10 0.	001 4	4	A	1		0.003		
Fatty acids, total monounsaturated				0	NC	4		0.784		
14:1				4	A	1		0.000		
15:1				4	A	1		0.000		
16:1 undifferentiated	•			4	AS	1		0.002		
16:1 c				4	A	1		0.002		
16:1 t				4 4	A A	1 1		0.000		
17:1				4	A AS	1		0.779		
18:1 c	,			4	A	1		0.547		
18:1 t	•			4	A	1		0.232		
18:1-11 t (18:1t n-7)	•									
20:1		12 0.	002	4	A	1		0.003		
22:1 undifferentiated	0.0	00 0.	000	4	AS	1		0.000		
22:1 c	0.0	00 0.	000	4	A	1		0.000		
22:1 t	0.0	00 0.	000	4	A	1		0.000		
24:1 c				4	A	1		0.000		
Fatty acids, total polyunsaturated				0	NC	4		0.628		
18:2 undifferentiated				4	AS	1		0.613		
18:2 n-6 c,c				4	A	1 1		0.593		
18:2 CLAs		00 0.	000	4	A	1		0.000		
18:2 i										
18:2 t not further defined		68 0.	012	4	A	1		0.019		
18:3 undifferentiated	•			4	AS	1		0.016		
18:3 n-3 c,c,c (ALA)		55 0.	004	4	A	1		0.016		
18:3 n-6 c,c,c		00 0.	000	4	A	1		0.000		
18:3i)									
18:4				4	A	1		0.000		
20:2 n-6 c,c				4	A	1		0.000		
20:3 undifferentiated				4	AS	1		0.000		
20:3 n-3				4	A	1		0.000		
20:3 n-6				4	A	1		0.000		
20:4 undifferentiatedQ		00 0.	000	4	A	1		0.000		
20:4 n-6		00 0	000	4	A	1		0.000		
20:5 II-5 (EPA)				-	A	-		3.000		
22:4		00 0.	000	4	A	1		0.000		
22:5 n-3 (DPA)	•			4	A	1		0.000		

	<u>Am oun</u>	nt in 100 gram	s of ed	Amount in edible portion of common				
		Num b		measures of food				
					Confidence			
Nutrients and Units	Mean Std	.Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000 4	A	1		0.000		
Fatty acids, total transg	0.885	0	NC	4		0.251		
Fatty acids, total trans-monoenoicg	0.817	0	NC	4		0.232		
Fatty acids, total trans-polyenoicg	0.068	0	NC	4		0.019		
Cholesterolmg	0	0		7		0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.077	0	A	1		0.022		
Threonineg	0.372	0	A	1		0.105		
Isoleucine	0.388	0	A	1		0.110		
Leucineg	1.480	0	A	1		0.420		
Lysineg	0.349	0	A	1		0.099		
Methionineg	0.199	0	A	1		0.056		
Cystineg	0.184	0	A	1		0.052		
Phenylalanineg	0.529	0	A	1		0.150		
Tyrosineg	0.404	0	A	1		0.115		
Valineg	0.520	0	A	1		0.147		
Arginineg	0.307	0	A	1		0.087		
Histidineg	0.241	0	A	1		0.068		
Alanineg	0.800	0	A	1		0.227		
Aspartic acidg	0.804	0	A	1		0.228		
Glutamic acidg	2.117	0	A	1		0.600		
Glycineg	0.338	0	A	1		0.096		
Prolineg	0.749	0	A	1		0.212		
Serineg	0.500	0	A	1		0.142		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Amount in	Amount in edible portion of common						
			Number	measures of food					
					Source C	Confidence			
Nutrients and Ur	nite	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and Or	iits	Mean Stu. Di	01				Wicasure i	Wiedsule 2	Wieasure
Proximates:									
Water	g	2.80	0		1		0.79		
Energy		424	0	NC	4		120		
Energy		1774	0	NC	4		503		
Protein		12.60	0		1		3.57		
Total lipid (fat)		9.50	0		1		2.69		
Ash	-	3.10	0	0	4		0.88		
Carbohydrate, by difference	_	72.00	0	NC	4		20.41		
Fiber, total dietary		14.2	0		4		4.0		
Sugars, total		0.92	0	BFFN	4		0.26		
Starch		3172	· ·	2221	-		****		
Starcii	9								
Minerals:									
Calcium, Ca	<u>m</u> g	11	0		4		3		
Iron, Fe	_	2.28	0		1		0.65		
Magnesium, Mg		151	0		4		43		
Phosphorus, P		264	0		4		75		
Potassium, K	_	241	0		4		68		
Sodium, Na	_	540	0	NR	4		153		
Zinc, Zn	_	3.83	0		4		1.09		
Copper, Cu		0.545	0		4		0.155		
Manganese, Mn	_								
Selenium, Se	µg	8.6	0	CAZN	4		2.4		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0		7		0.0		
Thiamin	_	0.350	0		4		0.099		
Riboflavin		0.110	0		4		0.031		
Niacin	_	2.070	0		4		0.587		
Pantothenic acid	mg								
Vitamin B-6	mg	0.170	0		4		0.048		
Folate, total	µg	17	0		4		5		
Folic acid	µg	0	0	BFFN	4		0		
Folate, food	µg	17	0		4		5		
Folate, DFE	µg	17	0	NC	4		5		
Choline, total	mg	16.5	0	BFFN	4		4.7		
Betaine	mg								
Vitamin B-12	µg	0.00	0		7		0.00		
Vitamin B-12, added	µg	0.00	0	BFFN	4		0.00		
Vitamin A, RAE	µg	12	0	NC	4		3		
Retinol	µg	0	0	BFFN	4		0		
Carotene, beta	µg	108	0	BFFN	4		31		
Carotene, alpha	µg	70	0	BFFN	4		20		
Cryptoxanthin, beta		0	0	BFFN	4		0		
Vitamin A, IU		238	0	NC	4		68		
Lycopene	µg	0	0	BFFN	4		0		
Lutein + zeaxanthin	µg	1762	0	BFFN	4		499		
Vitamin E (alpha-tocopherol)		0.50	0	BFFN	4		0.14		
Vitamin E, added	mg	0.00	0	BFFN	4		0.00		
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma									
Tocotrienol, delta	mg								
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D	IU	0	0	Z	7		0		
Vitamin K (phylloquinone)	µg	1.5	0	BFFN	4		0.4		
Dihydrophylloquinone	µg								
Menaquinone-4									

Nutrients and Units		<u>Am ount ii</u>	n 100 grams o	Amount in edible portion of common				
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3			Number			<u>m</u>	easures of foo	<u>od</u>
Funy acids, road saturated			of Data D	Periv Source	Confidence			
Firty acids, total saturated. 9 1.415 0 4 0.401 4.0.	Nutrients and Units	Mean Std. E	rror Points C	ode Code	Code	Measure 1	Measure 2	Measure 3
Firty acids, total saturated. 9 1.415 0 4 0.401 4.0.								
4-0			•					
60.								
80	· ·							
100.	=		-					
12-0.			-					
13:0.			-	-				
14-0		0.000	0	4		0.000		
15.0.	=		•					
16.0		0.010	0	4		0.003		
170			•					
18.0	=	0.931	0	4		0.264		
200	•		•					
22:0	_	0.475	0	4		0.135		
Section Sect								
Fatty acids, total monounsaturated								
14:1		4 005	0	4		1 150		
15:1		4.085	U	4		1.158		
16:1 undifferentiated	-							
17:1		0.020	0	4		0 011		
18:1 undifferentiated	_	0.038	U	4		0.011		
20:1		4 027	0	4		1 144		
22:1 undifferentiated 9 0.000 0 4 0.000 24:1 c 9 3.572 0 4 1.013 18:2 undifferentiated 9 3.315 0 4 0.940 18:3 undifferentiated 9 0.247 0 4 0.070 18:4 9 0.000 0 4 0.000 20:2 n-6 c,c 9 9 0.000 0 4 0.000 20:3 undifferentiated 9 0.000 0 4 0.000 20:5 n-3 (EPA) 9 0.000 0 4 0.000 21:5 9 22:4 9 0.000 0 4 0.000 22:5 n-3 (DPA) 9 0.000 0 4 0.000 22:5 n-3 (DHA) 9 0.000 0 4 0.000 Fatty acids, total trans 9 0 0 7 0 Cholesterol mg 0 0 7 0 Phytosterols mg 0 0 8 0	-		-					
Patty acids, total polyunsaturated	_		-					
Fatty acids, total polyunsaturated	<u> </u>	0.000	U	4		0.000		
18:2 undifferentiated		2 572	•	4		1 012		
18:3 undifferentiated. 9								
18:4	_		-	-				
20:2 n-6 c,c	•							
20:3 undifferentiated 9 0.000 0 4 0.000 20:5 n-3 (EPA) 9 0.000 0 4 0.000 21:5 9 9 0.000 0 4 0.000 21:5 9 9 0.000 0 4 0.000 22:4 9 0.000 0 4 0.000 22:5 n-3 (DPA) 9 0.000 0 4 0.000 22:6 n-3 (DHA) 9 0.000 0 4 0.000 Fatty acids, total trans 9 0 0 0 7 0 0 Phytosterols mg Others: Alcohol, ethyl 9 0 0.00 0 BFFN 4 0 0.000	_	0.000	· ·	-		0.000		
20:4 undifferentiated 9 0.000 0 4 0.000 20:5 n-3 (EPA) 9 0.000 0 4 0.000 21:5 9 22:4 9 22:5 n-3 (DPA) 9 0.000 0 4 0.000 22:6 n-3 (DHA) 9 0.000 0 4 0.000 Fatty acids, total trans 9 0 0 7 0 Cholesterol mg 0 0 7 0 Phytosterols mg Others: Alcohol, ethyl 9 0.0 0 7 0.0 Caffeine mg 0 0 BFFN 4 0								
20:5 n-3 (EPA) g 0.000 0 4 0.000 21:5	=	0.000	0	4		0 000		
21:5	=							
22:4	` ,	0.000	Ū	-		0.000		
22:5 n-3 (DPA) g 0.000 0 4 0.000 22:6 n-3 (DHA) g 0.000 0 4 0.000 Fatty acids, total trans g Cholesterol. mg 0 7 0 Phytosterols mg 0 7 0 Others: Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine mg 0 0 BFFN 4 0	=							
22:6 n-3 (DHA) g 0.000 0 4 0.000 Fatty acids, total trans g 7 0 Cholesterol mg 0 7 0 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 BFFN 4 0	-	0.000	0	4		0.000		
Fatty acids, total trans	` /							
Cholesterol		3.000	ŭ	-		0.000		
Phytosterolsmg Others: Section of the state of the sta		0	0	7		0		
Others: Alcohol, ethyl		v	Ü	,		Ü		
Alcohol, ethyl	•							
Caffeinemg 0 0 BFFN 4 0		0.0	0	7		0 - 0		
	, ,							
Theobranine MC 0 0 RFFN 4 0	mg	0	-	BFFN 4		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 25014 Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Refuse:0%

		<u>Am our</u>	nt in 100 gr	Amount in edible portion of common						
			Nun	nber		<u>m</u>	easures of fo	od		
			of	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean Std	I. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:		0.24	0.055	1.0	_			0.00		
Water	-	0.34	0.057		A	1 4		0.03 44	0.29	
Energy		557		0	NC				484	
Energy		2330	0 014	0	NC	4		184	2027	
Protein		7.50	0.214		A	1		0.59	6.53	
Total lipid (fat)		34.02	1.397	12	A	1		2.69	29.60	
Ash	-	2.98	0.137		A	1		0.24	2.59	
Carbohydrate, by difference		55.16		0	NC	4		4.36	47.99	
Fiber, total dietary		10.0	0.429	12	A -	1		0.8	8.7	
Sugars, total		0.55		2	A	1		0.04	0.48	
Sucrose		0.55		2	A	1		0.04	0.48	
Glucose (dextrose)		0.00	0.000	8	A	1		0.00	0.00	
Fructose	g	0.00	0.000	8	A	1		0.00	0.00	
Lactose		0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose		0.00		2	A	1		0.00	0.00	
Starch	g	43.31	1.126	12	A	1		3.42	37.68	
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	20	0.933		A	1		2	17	
Iron, Fe		1.85	0.112		A	1		0.15	1.61	
Magnesium, Mg	mg	94	5.452		A	1		7	82	
Phosphorus, P		251	13.073		A	1		20	219	
Potassium, K	-	240	13.167	12	A	1		19	209	
Sodium, Na	-	764	41.658		A	1		60	665	
Zinc, Zn		2.16	0.110	12	A	1		0.17	1.88	
Copper, Cu		0.188	0.007	12	A	1		0.015	0.164	
Manganese, Mn Selenium, Se		0.771 4.1	0.038 0.826	12 5	A A	1 1		0.061 0.3	0.671 3.6	
Vitamins:			0.020	•		_				
Vitamin C, total ascorbic acid	ma	0.1		0	FLC	4		0.0	0.1	
Thiamin	-	0.032	0.004	5	A	1		0.003	0.028	
Riboflavin	-	0.046	0.004	5	A	1		0.004	0.040	
Niacin	-	1.432	0.093	5	A	1		0.113	1.246	
Pantothenic acid	-	0.180	0.014	5	A	1		0.014	0.157	
Vitamin B-6		0.282	0.009	5	A	1		0.022	0.246	
Folate, total	-	15	2.198	4	A	1		1	13	
Folic acid		0	0.000	4	A	1		0	0	
Folate, food		15	2.198	4	AS	1		1	13	
Folate, DFE	1.1	15		0	NC	4		1	13	
Choline, total		13.9		0	AS	1		1.1	12.1	
Betaine	-	0.3		1	A	1		0.0	0.2	
Vitamin B-12	-	0.00		0	0	4		0.00	0.00	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		22		0	NC	4		2	19	
Retinol		13		0	0	4		1	12	
Carotene, beta		58	6.045	5	A	1		5	50	
Carotene, alpha		5	1.463	5	A	1		0	5	
Cryptoxanthin, beta		93	13.333	5	A	1		7	81	
Vitamin A, IU		223		0	NC	4		18	194	
Lycopene		0	0.000	5	A	1		0	0	
Lutein + zeaxanthin		1112	51.235	5	A	1		88	967	
Vitamin E (alpha-tocopherol)		2.62	0.344		A	1		0.21	2.28	
Vitamin E, added		0.00	· · · · · · · ·	0	FLC	4		0.00	0.00	
Tocopherol, beta		0.42	0.029	5	A	1		0.03	0.37	
Tocopherol, gamma		28.08	2.304	5	A	1		2.22	24.43	
Tocopherol, delta		7.26	0.492	5	A	1		0.57	6.32	
Tocotrienol, alpha		0.28	0.017	5	A	1		0.02	0.24	
Tocotrienol, beta		0.01	0.009		A	1		0.00	0.01	

	<u>Am</u>	Amount in 100 grams of edible portion						Amount in edible portion of common			
			Num b		measures of food						
					Deriv	Source Confidence	 e				
N utrients and U nits	Mean	Std. Error	Poin	ts	Code	Code Code	Measure 1	Measure 2	Measure 3		
Tocotrienol, gamma	ng 0.4	6 0.0	025	5	A	1	0.04	0.40			
Tocotrienol, delta	ng 1.0	4 0.3		5	A	1	0.08	0.90			
Vitamin D (D2 + D3)			(0	FLC	4	0.0	0.0			
Vitamin D2 (ergocalciferol)µ											
Vitamin D3 (cholecalciferol)µ Vitamin Dµ				0	NR	4	0	0			
Vitamin B		1.3		3	A	1	0.3	3.1			
Dihydrophylloquinone				3	A	1	5.5	60.9			
Menaquinone-4											
Lipids:	•										
Fatty acids, total saturated	7.2	16		0	NC	4	0.570	6.278			
4:0g				8	A	1	0.000	0.000			
6:0g		00 0.0	000	8	A	1	0.000	0.000			
8:0g	0.0	00 0.0	000	8	A	1	0.000	0.000			
10:0g	0.0	00 0.0	000	8	A	1	0.000	0.000			
12:0g	0.0	00 0.0	000	8	A	1	0.000	0.000			
13:0g											
14:0g				8	A	1	0.002	0.026			
15:0g				8	A	1	0.001	0.006			
16:0g				8	A	1	0.281	3.089			
17:0g				8	A	1	0.003	0.030			
				8 8	A A	1	0.264 0.009	2.912 0.098			
20:0g 22:0g				8	A	1	0.009	0.098			
24:0g				8	A	1	0.003	0.032			
Fatty acids, total monounsaturatedg				0	NC	4	1.670	18.395			
14:1g											
15:1g		00 0.0	000	8	A	1	0.000	0.000			
16:1 undifferentiatedg	0.0	16 0.0	002	8	AS	1	0.001	0.014			
16:1 cg	0.0	14 0.0	000	8	A	1	0.001	0.012			
16:1 tg	0.0	02 0.0	001	8	A	1	0.000	0.002			
17:1g				8	A	1	0.001	0.007			
18:1 undifferentiatedg				8	AS	1	1.666	18.349			
18:1 cg				8	A	1	0.928	10.224			
18:1 t		39 0.5	551	8	A	1	0.738	8.125			
18:1-11 t (18:1t n-7)g 20:1g		20 0 1	002	8	A	1	0.002	0.025			
22:1 undifferentiated				8	AS	1	0.002	0.023			
22:1 cg				8	A	1	0.000	0.000			
22:1 tg				8	A	1	0.000	0.000			
24:1 cg				8	A	1	0.000	0.000			
Fatty acids, total polyunsaturatedg	2.3	92	(0	NC	4	0.189	2.081			
18:2 undifferentiatedg	2.3	05 0.3	107	8	AS	1	0.182	2.005			
18:2 n-6 c,cg	1.8	27 0.3	104	8	A	1	0.144	1.589			
18:2 CLAsg		17 0.0	001	8	A	1	0.001	0.014			
18:2 t,tg											
18:2 ig			001	_			0.026	0.400			
18:2 t not further definedg 18:3 undifferentiatedg				8 8	A AS	1 1	0.036 0.006	0.402 0.065			
18:3 n-3 c,c,c (ALA)				8	A	1	0.005	0.063			
18:3 n-6 c,c,c (ALA)g			001		A	1	0.000	0.004			
18:3ig											
18:4g		00 0.0	000	8	A	1	0.000	0.000			
20:2 n-6 c,cg		00 0.0	000	8	A	1	0.000	0.000			
20:3 undifferentiatedg	0.0	0.0	000	8	AS	1	0.000	0.001			
20:3 n-3g				8	A	1	0.000	0.001			
20:3 n-6g				8	A	1	0.000	0.000			
20:4 undifferentiatedg		12 0.0	001	8	A	1	0.001	0.010			
20:4 n-6g				_	_						
20:5 n-3 (EPA)g		0.0	000	8	A	1	0.000	0.000			
21:5g 22:4g		00 0	000	8	A	1	0.000	0.000			
22:5 n-3 (DPA)g			000		A	1	0.000	0.000			
22.J II-J (DFA)	3.0			-	n	-	0.000	0.000			

	<u>Am ount</u>	in 100 gra	ber	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std.	of L Error Po			Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total transg	9.802		0	NC	4		0.774	8.528	
Fatty acids, total trans-monoenoicg	9.341		0	NC	4		0.738	8.126	
Fatty acids, total trans-polyenoicg	0.462		0	NC	4		0.036	0.402	
Cholesterolmg	0		0	FLC	4		0	0	
Phytosterolsmg	1		0	FLC	4		0	1	
Stigmasterolmg	0		0	FLC	4		0	0	
Campesterolmg	0		0	FLC	4		0	0	
Beta-sitosterolmg	0		0	FLC	4		0	0	
Amino Acids:									
Tryptophang	0.051		0	A	1		0.004	0.045	
Threonineg	0.218		0	A	1		0.017	0.190	
Isoleucineg	0.253		0	A	1		0.020	0.220	
Leucineg	1.028		0	A	1		0.081	0.894	
Lysineg	0.263		0	A	1		0.021	0.229	
Methionineg	0.132		0	A	1		0.010	0.115	
Cystineg	0.143		0	A	1		0.011	0.124	
Phenylalanineg	0.323		0	A	1		0.026	0.281	
Tyrosineg	0.271		0	A	1		0.021	0.235	
Valineg	0.343		0	A	1		0.027	0.298	
Arginineg	0.216		0	A	1		0.017	0.188	
Histidine9	0.182		0	A	1		0.014	0.158	
Alanineg	0.528		0	A	1		0.042	0.459	
Aspartic acidg	0.541		0	A	1		0.043	0.471	
Glutamic acidg	1.421		0	A	1		0.112	1.237	
Glycineg	0.231		0	A	1		0.018	0.201	
Prolineg	0.634		0	A	1		0.050	0.552	
Serineg	0.334		0	A	1		0.026	0.290	
Hydroxyprolineg	0.000	0.000	4	A	1		0.000	0.000	
Others:									
Alcohol, ethyl	0.0		0	FLC	4		0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	

Common Measures:

Measure 1 = 7.9g: 1 cup Measure 2 = 87g: 1 bag

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am oun</u>	t in 100 gr	am s	of edi	ble portior	<u>1</u>	Amount in edible portion of common			
			Nun	nber					easures of fo		
						Source C	onfidence				
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.20	0.142	6	A	1		0.13	0.34		
Energy	kcal	583		0	NC	4		64	165		
Energy	kJ	2440		0	NC	4		268	692		
Protein (N x 6.25)	g	7.29	0.129	6	A	1		0.80	2.07		
Total lipid (fat)	g	43.55	0.666	6	A	1		4.79	12.35		
Ash	g	2.90	0.215	32		1		0.32	0.82		
Carbohydrate, by difference	g	45.06		0	NC	4		4.96	12.77		
Fiber, total dietary	g	8.1	0.369	3	A	1		0.9	2.3		
Sugars, total	g	0.46	0.024	3	A	1		0.05	0.13		
Sucrose	g	0.31	0.024	3	A	1		0.03	0.09		
Glucose (dextrose)		0.07	0.000	3	A	1		0.01	0.02		
Fructose		0.07	0.000	3	A	1		0.01	0.02		
Lactose		0.00	0.000	3	A	1		0.00	0.00		
Maltose		0.00	0.000	3	A	1		0.00	0.00		
Galactose		0.00	0.000	3	A	1		0.00	0.00		
Starch		34.40	0.945	3	A	1		3.78	9.75		
Minerals:											
	ma	4	0.116	6	А	1		0	1		
Calcium, CaIron, Fe	-	1.98	0.116	6	A	1		0.22	0.56		
Magnesium, Mg		79	1.453	6	A	1		9	22		
Phosphorus, P	-	199	4.238	6	A	1		22	56		
Potassium, K		182	4.616	6	A	1		20	52		
Sodium, Na		679	1.010	0	NR	4		75	192		
Zinc, Zn		3.10		0	0	4		0.34	0.88		
Copper, Cu		0.162	0.009	6	A	1		0.018	0.046		
Manganese, Mn		0.629	0.012	6	A	1		0.069	0.178		
Selenium, Se		2.2		0	0	4		0.2	0.6		
Vitamins: Vitamin C, total ascorbic acid	ma	0.3	0.195	5		1		0.0	0.1		
Thiamin	-	0.134	0.021	20		1		0.015	0.038		
Riboflavin	-	0.057	0.021	6	A	1		0.006	0.016		
Niacin	• • • • • • • • • • • • • • • • • • • •	1.195	0.026	6	A	1		0.131	0.339		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.230	0.155	3	A	1		0.025	0.065		
Vitamin B-6		0.109	0.006	3	A	1		0.012	0.031		
Folate, total		25	0.754	6	A	1		3	7		
Folic acid		0	0.,51	0	z	7		0	0		
Folate, food		25	0.754		A	1		3	7		
Folate, DFE		25	00.01	0	NC	4		3	7		
Choline, total		12.6		0	AS	1		1.4	3.6		
Betaine		0.3		1	A	1		0.0	0.1		
Vitamin B-12	•	0.00		1		4		0.00	0.00		
Vitamin B-12, added		0.00		0	0	4		0.00	0.00		
Vitamin A, RAE		8		0	NC	4		1	2		
Retinol		0		0	BNA	4		0	0		
Carotene, beta		70		0	BNA	4		8	20		
Carotene, alpha		46		0	BNA	4		5	13		
Cryptoxanthin, beta		0		0	BNA	4		0	0		
Vitamin A, IU		154		0	NC	4		17	44		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		829		0	0	4		91	235		
Vitamin E (alpha-tocopherol)		2.43		1	A	1		0.27	0.69		
Vitamin E, added		0.00		0	0	4		0.00	0.00		
Tocopherol, beta		0.16		1	A	1		0.02	0.05		
Tocopherol, gamma		24.88		1	A	1		2.74	7.05		
Tocopherol, delta		5.99		1	A	1		0.66	1.70		
Tocotrienol, alpha		0.00		1	A	1		0.00	0.00		
Tocotrienol, beta		0.00		1	A	1		0.00	0.00		

	<u>Aı</u>	mount ir	100 g	rams	of edil	ble portion		dible portion o	
			Nu	mber			<u>m</u>	easures of foo	<u>d</u>
Nutrients and Units	Mean	Std. Er				Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Teaching	0.:	25		1	A	1	0.03	0.07	
Tocotrienol, gammamg Tocotrienol, deltamg	0.			1	A	1	0.03	0.07	
Vitamin D (D2 + D3)	0.			0	Z	7	0.0	0.0	
Vitamin D2 (ergocalciferol)µg				•	_	•		0.0	
Vitamin D3 (cholecalciferol)µg									
Vitamin DIU	0			0	Z	7	0	0	
Vitamin K (phylloquinone)µg	4.	1		0	0	4	0.5	1.2	
DihydrophylloquinoneUg									
Menaquinone-4Ug									
Lipids:									
Fatty acids, total saturated	6.	820		0	NC	4	0.750	1.934	
4:0g	0.	000		0		1	0.000	0.000	
6:0g	0.	000		0		1	0.000	0.000	
8:0g	0.	000	0.000	3	A	1	0.000	0.000	
10:0g		000	0.000		A	1	0.000	0.000	
12:0g	0.	000	0.000) 3	A	1	0.000	0.000	
13:0g									
14:0g	0.	000	0.000) 3	A	1	0.000	0.000	
15:0g						_			
16:0g	4.	610	0.175	3	A	1	0.507	1.307	
17:0g		873	0.074		A	1	0.006	0 531	
18:0g	1.	6/3	0.074	: 3	A	1	0.206	0.531	
20:0g 22:0g									
24:0g									
Fatty acids, total monounsaturatedg	9.	809		0	NC	4	1.079	2.781	
14:1g				•		-	20075	20.02	
15:1g									
16:1 undifferentiated	0.	037	0.004	. 3	A	1	0.004	0.010	
17:1g									
18:1 undifferentiatedg	9.	654	0.358	3	A	1	1.062	2.737	
20:1g	0.	118	0.004	. 3	A	1	0.013	0.034	
22:1 undifferentiatedg	0.	000		0		1	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	23.			0	NC	4	2.551	6.575	
18:2 undifferentiatedg	22.		0.810		A	1	2.457	6.333	
18:3 undifferentiatedg		853	0.853		JA	6	0.094	0.242	
18:4g		000		0		1	0.000	0.000	
20:2 n-6 c,cg		000	0.000		A	1	0.000	0.000	
20:3 undifferentiatedg		000	0.000		A	1	0.000	0.000	
20:4 undifferentiatedg		000	0.000		A	1 1	0.000	0.000	
20:5 n-3 (EPA)g	0.	000		0		1	0.000	0.000	
21:5g 22:4g									
22:5 n-3 (DPA)g	0.	000		0		1	0.000	0.000	
22:6 n-3 (DHA)g		000		0		1	0.000	0.000	
Fatty acids, total trans	0.	000		Ū		-	0.000	0.000	
Cholesterolmg	0		0.000) 6		1	0	0	
Phytosterolsmg									
•									
Amino Acids:	0	0.63		•		1	0.007	0.010	
Tryptophang		063		0		1 1	0.007	0.018	
Threonine		338 323		0		1	0.037	0.096	
Isoleucineg Leucineg		323 103		0		1	0.036 0.121	0.092 0.313	
Lysineg		253		0		1	0.028	0.313	
Methionineg		189		0		1	0.023	0.054	
Cystineg		163		0		1	0.018	0.034	
Phenylalanineg		442		0		1	0.049	0.125	
Tyrosineg		366		0		1	0.040	0.104	
Valineg		455		0		1	0.050	0.129	
Arginineg		448		0		1	0.049	0.127	
Histidineg		275		0		1	0.030	0.078	
Alanineg		674		0		1	0.074	0.191	
· ·									

	Amount in	100 grams	of edil	ble portion	<u>1</u>	Amount in edible portion of common			
		Number				<u>m</u>	easures of foo	<u>od</u>	
Nutrients and Units	Mean Std. Err			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3	
Aspartic acidg	0.626	0		1		0.069	0.177		
Glutamic acidg	1.689	0		1		0.186	0.479		
Glycineg	0.369	0		1		0.041	0.105		
Prolineg	0.785	0		1		0.086	0.223		
Serineg	0.428	0		1		0.047	0.121		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeinemg	0	0	Z	7		0	0		
Theobrominemg	0	0	Z	7		0	0		

Common Measures:

Measure 1 = 11.0g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

Lipids:

		<u>An</u>	ount in 1	00 grai	ns of e	dible porti	<u>on</u>	Amount in edible portion of common			
				Numk	or				easures of fo		
						v Source	Confidence	_			
Nutrients and Un	its	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	g	2.8	0 0	.153 5	50	1		0.31	0.79		
Energy		500			0 18	C 4		55	142		
Energy		2092			0	4		230	593		
Protein (N x 6.25)		9.0	0 0	.264 3	32	1		0.99	2.55		
Total lipid (fat)		28.1		.074 4	10	1		3.09	7.97		
Ash	-	2.9		.215		1		0.32	0.82		
Carbohydrate, by difference	-	57.2			0 10	C 4		6.29	16.22		
Fiber, total dietary		10.0			0	4		1.1	2.8		
Sugars, total		10.0			•	•			2.0		
Starch											
	9										
Minerals:			_		_	_		_			
Calcium, Ca	-	10			5	1		1	3		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.7		.091 6		1		0.31	0.79		
Magnesium, Mg		108			0	1		12	31		
Phosphorus, P	-	250			9	1		28	71		
Potassium, K	-	225		.120 5		1		25	64		
Sodium, Na	-	884		.964 2		1 1		97 0.29	251 0.75		
Zinc, Zn		2.6 0.2		.094 5	.8	1					
Copper, Cu		0.2		.010 4 .031 4		1		0.024 0.097	0.063 0.249		
Manganese, Mn	-	7.3			o D BF			0.097	2.1		
Selenium, Se	µg	7.3) BF	4 4		0.8	2.1		
Vitamins:			_		_	_					
Vitamin C, total ascorbic acid	-	0.3			5	1		0.0	0.1		
Thiamin		0.1		.021 2		1		0.015	0.038		
Riboflavin	-	0.1		.015 2		1		0.015	0.039		
Niacin	-	1.5		.059 2		1		0.171	0.439		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.3		.054		1		0.034	0.086		
Vitamin B-6	-	0.2			5	1		0.023	0.059		
Folate, total		17	1		3 -	1		2	5		
Folic acid		0	_) z			0	0		
Folate, food		17	1		3	1		2	5		
Folate, DFE		17		1) N	2 4		2	5		
Choline, total	-										
Betaine			•								
Vitamin B-12		0.0	U		L	4		0.00	0.00		
Vitamin A, RAE		1) N			0	0		
Retinol		0		1) z	7		0	0		
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta		11			•	1		1	2		
Vitamin A, IU		11)	1		1	3		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	<u>Am</u>	ount in 100 gram	s of edible porti	<u>ion</u>		dible portion o	
		Num be	r		<u>m e</u>	easures of foo	<u>d</u>
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 4.8	90 0	1		0.538	1.386	
4:0							
6:0	-						
8:0	-						
10:0	-						
12:0	•						
14:0	-	70 1	1		0.008	0.020	
15:0	9	_	_		***************************************	0.020	
16:0	-	50 1	1		0.425	1.094	
17:0	-						
18:0	g 0.9	50 1	1		0.106	0.272	
20:0	•						
22:0	-						
24:0	•						
Fatty acids, total monounsaturated		70 0	1		0.899	2.316	
14:1							
15:1 16:1 undifferentiated	-	50 1	1		0.006	0.014	
17:1		, o	_		0.000	0.014	
18:1 undifferentiated		20 1	1		0.893	2.302	
20:1							
22:1 undifferentiated	-						
24:1 c							
Fatty acids, total polyunsaturated	g 13.4	20 0	1		1.476	3.805	
18:2 undifferentiated	-		1		1.395	3.595	
18:3 undifferentiated	-	30 1	1		0.080	0.207	
18:4	-						
20:2 n-6 c,c	-						
20:3 undifferentiated 20:4 undifferentiated	-						
20:5 n-3 (EPA)	-						
21:5	=						
22:4	-						
22:5 n-3 (DPA)	g						
22:6 n-3 (DHA)	g						
Fatty acids, total trans							
Cholesterol	_	0.000 6	1		0	0	
Phytosterols	mg						
Amino Acids:							
Tryptophan	g 0.0	53 0	1		0.007	0.018	
Threonine	g 0.3	38 0	1		0.037	0.096	
Isoleucine	-		1		0.036	0.092	
Leucine			1		0.121	0.313	
Lysine			1		0.028	0.072	
Methionine	-		1		0.021	0.054	
Cystine			1		0.018	0.046	
Phenylalanine			1 1		0.049	0.125	
Tyrosine			1		0.040 0.050	0.104 0.129	
ValineArginine	•		1		0.050	0.129	
Histidine	•		1		0.030	0.078	
Alanine	•		1		0.074	0.191	
Aspartic acid	•		1		0.069	0.177	
Glutamic acid	•		1		0.186	0.479	
Glycine	•		1		0.041	0.105	
Proline		35 0	1		0.086	0.223	
Serine	g 0.4	28 0	1		0.047	0.121	
Hydroxyproline	g						

Snacks, popcorn, oil-popped, white popcorn, salt added

Common Measures:

Measure 1 = 11.0g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		Amou	ınt in 100 g	rams	of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Nu	mbei				m	easures of fo	od_	
						Source	Confidence				
Nutrients and Un	nits	Mean S	d. Error P			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.10	0.171	. 6		1		0.60	0.30		
Energy	kcal	538		0		4		153	76		
Energy	kJ	2251				4		638	320		
Protein (N x 6.25)	g	57.90	0.474	6		1		16.41	8.22		
Total lipid (fat)	g	31.80	1.124	6		1		9.02	4.52		
Ash	g	7.00	0.759	6		1		1.98	0.99		
Carbohydrate, by difference	g	1.60		0	NC	4		0.45	0.23		
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	<u>m</u> g	43		1		1		12	6		
Iron, Fe	mg	1.04		2		1		0.29	0.15		
Magnesium, Mg		0		1		1		0	0		
Phosphorus, P		220		1		1		62	31		
Potassium, K	_	180		1		1		51	26		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	2667	194.365			1		756	379		
Zinc, Zn		0.71		1		4		0.20	0.10		
Copper, Cu		0.350		1		1		0.099	0.050		
Manganese, Mn		0.074		1		4		0.021	0.011		
Selenium, Se	µg										
<u>Vitamins:</u>	ma	1 5		1		1		0.4	0.2		
Vitamin C, total ascorbic acid	_	1.5 0.084		1 1		1		0.4 0.024	0.2		
ThiaminRiboflavin	_	0.084		2		1		0.024	0.012		
Niacin	_	3.355		2		1		0.951	0.476		
Pantothenic acid	_	0.430		1		4		0.122	0.061		
Vitamin B-6	_	0.156		1		1		0.044	0.022		
Folate, total	_	31		1		4		9	4		
Folic acid		0		0	z	7		0	0		
Folate, food		31		1		4		9	4		
Folate, DFE		31		0	NC	4		9	4		
Choline, total											
Betaine	mg										
Vitamin B-12	µg	0.13		1		4		0.04	0.02		
Vitamin A, RAE	µg	65		0	NC	4		18	9		
Retinol	µg	38		0	NR	4		11	5		
Carotene, beta	µg	324		0	NR	4		92	46		
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		667		0	NC	4		189	95		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

Lipids:

	<u>Am c</u>	unt in 100 grams Numbei	of edible portion		dible portion of easures of foo	
Nutrients and Units	Mean S	of Data Std. Error Points	Deriv Source Confid Code Code Co		Measure 2	Measure 3
Fatty acids, total saturated4:0		0	1	3.277	1.642	
6:0 8:0 10:0	g g 0.020		1	0.006	0.003	
12:0 13:0 14:0	g		1	0.020	0.010	
15:0 16:0 17:0	g 6.960	1	1	1.973	0.988	
18:0	g	1	1	1.162	0.582	
24:0 Fatty acids, total monounsaturated	g 15.030 g	0	1	4.261	2.134	
15:1	g 0.99 0		1	0.281	0.141	
18:1 undifferentiated	g 0.25 0		1	3.907 0.071	1.957 0.036	
24:1 cFatty acids, total polyunsaturated	g 3.450 g 3.410	1	1 1 1	0.978 0.967	0.490 0.484	
18:3 undifferentiated	g g	1	1	0.000	0.000	
20:3 undifferentiated	g 0.040 g	1	1	0.011	0.006	
22:4	g g					
Fatty acids, total trans	g mg 115	4.853 8	1	33	16	
Amino Acids:	-					
Tryptophan	=		1 1	0.037 0.500	0.019	
Threonine	•		1	0.389	0.251 0.195	
Leucine	-	. 0	1	0.913	0.457	
Lysine			1	0.765	0.383	
Methionine			1 1	0.135 0.146	0.068	
CystinePhenylalanine	•		1	0.146	0.073 0.267	
Tyrosine	•		1	0.336	0.168	
Valine	-		1	0.662	0.331	
Arginine	g 4.547		1	1.289	0.646	
Histidine			1	0.204	0.102	
Alanine			1	1.551	0.777	
Aspartic acidGlutamic acid			1 1	1.218 2.070	0.610 1.037	
Glycine	•		1	3.129	1.567	
Proline	•		1	1.919	0.961	
Serine		0	1	0.704	0.353	
Hydroxyproline	9					

Snacks, pork skins, barbecue-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 25 Snacks

		Aiiio	unt in 100 g	aiiis	or eur	bie portion		Amount in edible portion of common			
			Nur	mber	r			<u>m</u>	easures of fo	<u>od</u>	
						Source Cor	nfidence				
Nutrients and Uni	te	Mean S	Std. Error Po				Code	Measure 1	Measure 2	Measure	
Nutrients and on	ıs	Weall S	ota. E i oi i s	,,,,,				Weasure i	Weasure 2	Weasure	
Proximates:											
Water	g	1.80	0.099	24		1		0.51	0.26		
Energy	kcal	544		0	NC	4		154	77		
Energy	kJ	2276		0	NC	4		645	323		
Protein (N x 6.25)		61.30	1.492	20		1		17.38	8.70		
Total lipid (fat)		31.30	0.441	16		1		8.87	4.44		
Ash	-	5.40	0.193	24		1		1.53	0.77		
Carbohydrate, by difference	-	0.00		0		1		0.00	0.00		
Fiber, total dietary		0.0		0		7		0.0	0.0		
Sugars, total		0.00		0	FLA	4		0.00	0.00		
Starch											
Minerals:											
Calcium, Ca	_	30	2.750			1		9	4		
Iron, Fe	_	0.88	0.043			1		0.25	0.12		
Magnesium, Mg	_	11	0.923			1		3	2		
Phosphorus, P		85	1.956			1		24	12		
Potassium, K	_	127	5.130			1		36	18		
Sodium, Na	_	1818		0	LC	8		515	258		
Zinc, Zn	_	0.56	0.034			1		0.16	0.08		
Copper, Cu		0.094				1		0.027	0.013		
Manganese, Mn		0.069	0.010			1		0.020	0.010		
Selenium, Se	µg	41.0		0	FLM	4		11.6	5.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5	0.151	13		1		0.1	0.1		
Thiamin	mg	0.099	0.010	7		1		0.028	0.014		
Riboflavin	_	0.283	0.070	12		1		0.080	0.040		
Niacin	_	1.549	0.120	21		1		0.439	0.220		
Pantothenic acid	_	0.430	0.005	5		1		0.122	0.061		
Vitamin B-6	_	0.023	1	2		1		0.007	0.003		
Folate, total	_	0		1		4		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		1		4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Choline, total		164.5		0	FLA	4		46.6	23.4		
Betaine	_										
Vitamin B-12		0.64	0.011	5		1		0.18	0.09		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		12		0	NC	4		3	2		
Retinol		12		0	FLA	4		3	2		
Carotene, beta		0		0	FLA	4		0	0		
Carotene, alpha		0		0	FLA	4		0	0		
Cryptoxanthin, beta		0		0	FLA	4		0	0		
Vitamin A, IU		40		0	NC	4		11	6		
Lycopene		0		0	FLA	4		0	0		
Lutein + zeaxanthin		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.53		0	FLA	4		0.15	0.07		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta				-	_	-					
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	z	7		0	0		
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0		
		0.0		٠	LUA	-			0.0		
Dihydrophylloquinone Menaquinone-4											

		<u>A</u> ı	moun	nt in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
					Number				<u>m</u>	easures of foo	<u>)d</u>
							Source C	Confidence			
Nutrients and Units	N	/lean	Std	. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:											
Fatty acids, total saturated	ď	11.	370		0		1		3.223	1.615	
4:0			000		0		1		0.000	0.000	
6:0	•		000		0		1		0.000	0.000	
8:0			000		0		1		0.000	0.000	
10:0	-	0.	020		1		1		0.006	0.003	
12:0	g	0.	070		1		1		0.020	0.010	
13:0	g										
14:0	-	0.	390		1		1		0.111	0.055	
15:0	-										
16:0	-	6.	850		1		1		1.942	0.973	
17:0	-		0.40		-				1 145	0.554	
18:0 20:0.		4.	040		1		1		1.145	0.574	
22:0											
24:0	-										
Fatty acids, total monounsaturated		14.	780		0		1		4.190	2.099	
14:1											
15:1											
16:1 undifferentiated	-	0.	970		1		1		0.275	0.138	
17:1	g										
18:1 undifferentiated	g	13.	560		1		1		3.844	1.926	
20:1		0.	250		1		1		0.071	0.036	
22:1 undifferentiated	g	0.	000		0		1		0.000	0.000	
24:1 c	-										
Fatty acids, total polyunsaturated			640		0		1		1.032	0.517	
18:2 undifferentiated	-		350		1		1		0.950	0.476	
18:3 undifferentiated			260		1		1		0.074	0.037	
18:4	-	0.	000		0		1		0.000	0.000	
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated		0.	030		1		1		0.009	0.004	
20:5 n-3 (EPA)			000		0		1		0.000	0.004	
21:5					-		_		0.000		
22:4	-										
22:5 n-3 (DPA)	-	0.	000		0		1		0.000	0.000	
22:6 n-3 (DHA)	g	0.	000		0		1		0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	mg	95		6.	090 15		1		27	13	
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.	118		0		1		0.033	0.017	
Threonine			823		0		1		0.517	0.259	
Isoleucine			382		0		1		0.392	0.196	
Leucine			322		0		1		0.942	0.472	
Lysine		2.	783		0		1		0.789	0.395	
Methionine		0.	480		0		1		0.136	0.068	
Cystine	g	0.	529		0		1		0.150	0.075	
Phenylalanine	g	1.	940		0		1		0.550	0.275	
Tyrosine	g	1.	205		0		1		0.342	0.171	
Valine	g	2.	421		0		1		0.686	0.344	
Arginine	-		841		0		1		1.372	0.687	
Histidine	-		725		0		1		0.206	0.103	
Alanine	-		811		0		1		1.647	0.825	
Aspartic acid			469		0		1		1.267	0.635	
Glutamic acid			625		0 0		1 1		2.162	1.083	
Glycine		11.	917 262		0		1		3.378	1.692	
Proline			262 597		0		1		2.059 0.736	1.031 0.369	
Serine	-	۷٠	J = 1		U		1		0.730	0.309	
Others:											
Alcohol, ethyl	-	0.	0		0		7		0.0	0.0	
Caffeine	mg	0			0	FLA	4		0	0	

NDB No. 19041 Snacks, pork skins, plain

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Measure 3

Code

Measure 1

Measure 2

0

FLA

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

Common Measures:

food, or similar food.

Measure 1 = 28.35g: 1 ozMeasure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 25 Snacks

Refuse:0%

		Amour	<u>ıt in 100 gı</u>	rams	s or ear	bie portio	<u>n</u>	Amount in edible portion of common			
			Nur	nbei	r			<u>m</u>	easures of fo	<u>od</u>	
			of	Data	Deriv	Source C	Confidence				
Nutrients and Uni	ts	Mean Std	. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
			-								
Proximates:											
Water	g	2.48	0.081	13	A	1		0.70	4.92		
Energy	kcal	487		0	NC	4		138	965		
Energy	kJ	2038		0	NC	4		578	4035		
Protein (N x 6.1)	g	6.51	0.162	13	A	1		1.85	12.89		
Total lipid (fat)	g	31.06	0.481	13	A	1		8.81	61.50		
Ash	g	4.03	0.081	13	A	1		1.14	7.97		
Carbohydrate, by difference	g	55.92		0	NC	4		15.85	110.72		
Fiber, total dietary	g	3.8	0.728	7	A	1		1.1	7.5		
Sugars, total	g	5.47	0.514	3	A	1		1.55	10.83		
Starch		48.91	0.481	7	A	1		13.87	96.84		
Minerals:	_										
	ma	22	2 056	12	7	-		0	63		
Calcium, Ca	-	32 1.36	2.956 0.055		A A	1 1		9 0.39	63 2.70		
Iron, Fe		1.36 58	2.156		A A	1		0.39 17	115		
Phosphorus, P		145	6.425		A	1		41	287		
Potassium, K		1186	56.367		A	1		336	2348		
Sodium, Na	-	545	17.175		A	1		155	1079		
Zinc, Zn	-	0.98	0.061		A	1		0.28	1.94		
Copper, Cu		0.247	0.013		A	1		0.070	0.489		
Manganese, Mn		0.385	0.018	13	A	1		0.109	0.762		
Selenium, Se		0.4	0.000	7	A	1		0.1	0.9		
Vitamina											
Vitamins:		60.4	4 420	_	_	-		10.0	102.6		
Vitamin C, total ascorbic acid	-	62.4 0.221	4.438 0.010	7 7	A A	1 1		17.7 0.063	123.6 0.437		
ThiaminRiboflavin	-	0.221	0.010		A	1		0.083	0.437		
Niacin	-	4.957	0.002	7	A	1		1.405	9.816		
Pantothenic acid	-	0.850	0.278		A	1		0.241	1.682		
Vitamin B-6	-	0.375	0.015	7	A	1		0.106	0.742		
Folate, total	-	64	7.836		A	1		18	126		
Folic acid		0	7.050	0	NR	4		0	0		
Folate, food		64		0	NR	4		18	126		
Folate, DFE		64		0	NC	4		18	126		
Choline, total		11.5		0	NR	4		3.3	22.8		
Betaine	-										
Vitamin B-12		0.00		0	NR	4		0.00	0.00		
Vitamin B-12, added		0.00		0	NR	4		0.00	0.00		
Vitamin A, RAE		20		0	NC	4		6	39		
Retinol		0		0	NR	4		0	0		
Carotene, beta	µg	203	17.048	7	A	1		58	402		
Carotene, alpha	µg	5	0.960	7	A	1		1	10		
Cryptoxanthin, beta	µg	60	6.947	7	A	1		17	120		
Vitamin A, IU		393		0	NC	4		112	779		
Lycopene	µg	130	20.042	7	A	1		37	258		
Lutein + zeaxanthin	µg	151	13.168	7	A	1		43	300		
Vitamin E (alpha-tocopherol)	mg	4.42	0.556	7	A	1		1.25	8.76		
Vitamin E, added	mg	0.00		0	NR	4		0.00	0.00		
Tocopherol, beta	mg	1.23	0.878	7	A	1		0.35	2.44		
Tocopherol, gamma	mg	3.27	0.536	7	A	1		0.93	6.47		
Tocopherol, delta	mg	0.08	0.031	7	A	1		0.02	0.15		
Tocotrienol, alpha		0.01	0.010	7	A	1		0.00	0.02		
Tocotrienol, beta	mg	0.19	0.081	7	A	1		0.05	0.38		
Tocotrienol, gamma	mg	0.05	0.028	7	A	1		0.01	0.10		
Tocotrienol, delta	mg	0.14	0.103	7	A	1		0.04	0.27		
Vitamin D (D2 + D3)	µg	0.0		0	NR	4		0.0	0.0		
Vitamin D2 (ergocalciferol)	µg										
Vitamin D3 (cholecalciferol)											
Vitamin D	IU	0		0	NR	4		0	0		
Vitamin K (phylloquinone)	ша	16.1	6.030	7	A	1		4.6	31.9		

Others:

	<u>Am ou</u>	nt in 100 gr	am s	of edi	ble portion	Amount in e	dible portion	of common
		Nicon					easures of fo	
			ber		Causa Cautidanaa			<u> </u>
					Source Confidence			
Nutrients and Units	Mean St	d.Error Po	ints	Code	Code Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg Menaquinone-4µg	0.0	0.000	7	A	1	0.0	0.0	
Lipids:								
Fatty acids, total saturatedg	4.002		0	NC	4	1.135	7.924	
4:0g	0.000	0.000		A	1	0.000	0.000	
6:0	0.000		13	A	1	0.000	0.000	
8:0g	0.005	0.000	13	A	1	0.001	0.010	
10:0g	0.010	0.000	13	A	1	0.003	0.020	
12:0g	0.004	0.001	13	A	1	0.001	0.008	
13:0g								
14:0g	0.051	0.030	13	A	1	0.014	0.101	
15:0g	0.006	0.000	13	A	1	0.002	0.013	
16:0g	2.799	0.586	13	A	1	0.793	5.541	
17:0g	0.017	0.002	13	A	1	0.005	0.034	
18:0g	0.798	0.045	13	A	1	0.226	1.580	
20:0g	0.109	0.005	13	A	1	0.031	0.215	
22:0g	0.136	0.020	13	A	1	0.038	0.268	
24:0g	0.067	0.006	13	A	1	0.019	0.133	
Fatty acids, total monounsaturatedg	13.221		0	NC	4	3.748	26.178	
14:1g	0.000	0.000	13	A	1	0.000	0.000	
15:1g	0.000	0.000	13	A	1	0.000	0.000	
16:1 undifferentiatedg	0.052	0.016	13	AS	1	0.015	0.102	
16:1 cg	0.052	0.016	13	A	1	0.015	0.102	
16:1 tg	0.000	0.000	13	A	1	0.000	0.000	
17:1g	0.012	0.002	13	A	1	0.003	0.024	
18:1 undifferentiatedg	13.040	1.260	13	AS	1	3.697	25.818	
18:1 cg	13.019	1.264	13	A	1	3.691	25.778	
18:1 tg	0.021	0.004	13	A	1	0.006	0.041	
18:1-11 t (18:1t n-7)g								
20:1g	0.115	0.019	13	A	1	0.033	0.227	
22:1 undifferentiatedg	0.003	0.001	13	AS	1	0.001	0.006	
22:1 cg	0.003	0.001	13	A	1	0.001	0.006	
22:1 tg	0.000	0.000	13	A	1	0.000	0.000	
24:1 cg	0.000	0.000	13	A	1	0.000	0.000	
Fatty acids, total polyunsaturated	12.207		0	NC	4	3.461	24.169	
18:2 undifferentiatedg	11.887	0.654	13	AS	1	3.370	23.535	
18:2 n-6 c,cg	11.766	0.643	13	A	1	3.336	23.297	
18:2 CLAsg	0.017	0.006	13	A	1	0.005	0.034	
18:2 t,tg								
18:2 ig								
18:2 t not further definedg	0.103	0.009	13	A	1	0.029	0.204	
18:3 undifferentiatedg	0.296	0.054	13	AS	1	0.084	0.587	
18:3 n-3 c,c,c (ALA)g	0.282	0.051	13	A	1	0.080	0.558	
18:3 n-6 c,c,cg	0.014	0.003	13	A	1	0.004	0.028	
18:3ig	0.001	0.000	13	A	1	0.000	0.001	
18:4g	0.005	0.002	13	A	1	0.001	0.010	
20:2 n-6 c,cg	0.003	0.001	13	A	1	0.001	0.006	
20:3 undifferentiatedg	0.007	0.001	13	AS	1	0.002	0.014	
20:3 n-3g	0.003	0.000	13	A	1	0.001	0.007	
20:3 n-6g	0.000	0.000	13	A	1	0.000	0.000	
20:4 undifferentiatedg	0.009	0.000		A	1	0.002	0.017	
20:4 n-6g								
20:5 n-3 (EPA)g	0.000	0.000	13	A	1	0.000	0.000	
21:5g			-					
22:4g	0.000	0.000	13	A	1	0.000	0.000	
22:5 n-3 (DPA)g	0.000		13	A	1	0.000	0.000	
22:6 n-3 (DHA)g	0.000		13	A	1	0.000	0.000	
Fatty acids, total trans	0.124		0	NC	4	0.035	0.246	
Fatty acids, total trans-monoenoic9	0.021		0	NC	4	0.006	0.041	
- any acids, total dans-monother9					-			
Fatty acids total trans-polyenoic @	0.104		0	NC	4	0.029	U.ZUn	
Fatty acids, total trans-polyenoicg Cholesterolmg	0.104 0		0	NC NR	4 4	0.029 0	0.205 0	

Snacks, potato chips, barbecue-flavor

	Amo	ount in 100	grams	Amount in e	Amount in edible portion of common				
		=	Num ber			measures of food			
Nutrients and Units	Mean	Std. Error			Source Confidence Code Code	e Measure 1	Measure 2	Measure 3	
Alcohol, ethylg	0.0		0	NR	4	0.0	0.0		
Caffeinemg Theobrominemg	0		0	NR NR	4 4	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.4 Fat 8.7 Carbohydrate 3.6

Food Group: 25 Snacks

Refuse:0%

Lipids:

		Amou	ınt in 100 gr			ble portion		Amount in edible portion of common measures of food			
				nber				<u>m</u>	easures of 100	<u>Ju</u>	
			of I	Data	Deriv	Source Co	nfidence				
Nutrients and Un	nits	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.80	0.165	4		1		0.51	3.06		
Energy	kcal	496		0	NC	4		141	843		
Energy	kJ	2075		0		4		588	3528		
Protein (N x 6.3)		8.50	0.481	4		1		2.41	14.45		
Total lipid (fat)	g	27.20	0.784	4		1		7.71	46.24		
Ash	-	4.80	0.303	4		1		1.36	8.16		
Carbohydrate, by difference	-	57.70		0	NC	4		16.36	98.09		
Fiber, total dietary		5.2		0		4		1.5	8.8		
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	<u>mg</u>	72	2.237	4		1		20	122		
Iron, Fe	mg	1.84	0.275	4		1		0.52	3.13		
Magnesium, Mg	mg	75	2.182	4		1		21	128		
Phosphorus, P	mg	299	7.739	4		1		85	508		
Potassium, K	_	1528	31.456	4		1		433	2598		
Sodium, Na	mg	458		0	T	4		130	779		
Zinc, Zn	mg	0.91	0.143	4		1		0.26	1.55		
Copper, Cu		0.250	0.052	4		1		0.071	0.425		
Manganese, Mn Selenium, Se		0.446	0.035	4		1		0.126	0.758		
	µу										
Vitamins: Vitamin C, total ascorbic acid	ma	54.1	13.104	4		1		15.3	92.0		
Thiamin	-	0.155	0.003	4		1		0.044	0.264		
Riboflavin		0.158	0.010	4		1		0.045	0.269		
Niacin	-	5.000	0.129	4		1		1.418	8.500		
Pantothenic acid	-	0.790	0.105	4		1		0.224	1.343		
Vitamin B-6	-	0.348	0.039	4		1		0.099	0.592		
Folate, total	-	0	0.002	4		1		0	0		
Folic acid		0	*****	0	z	7		0	0		
Folate, food		0	0.002	4		1		0	0		
Folate, DFE		0		0	NC	4		0	0		
Choline, total								-	-		
Betaine											
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, RAE		10		0	NC	4		3	17		
Retinol		10		0	NC	4		3	17		
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta	µg										
Vitamin A, IU		33		1		4		9	56		
Lycopene	µg										
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	µg										

		Amount in 1	00 grams Number	of edible port	<u>ion</u>		dible portion c	
Nutrients and Units	Mea	n Std.Erro		Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	a 8	3.600	0	1		2.438	14.620	
4:0 6:0	g g							
8:0 10:0 12:0.	g (0.000	31 31	1 1		0.000 0.017	0.000 0.102	
13:0 14:0	9	0.240	31	1		0.068	0.408	
15:0 16:0 17:0	g	7.320	31	1		2.075	12.444	
18:0 20:0	g	0.870	31	1		0.247	1.479	
22:0	g	7.720	0	1		2.189	13.124	
Fatty acids, total monounsaturated	g	7.720	Ū	1		2.189	13.124	
16:1 undifferentiated	9	0.140	31	1		0.040	0.238	
18:1 undifferentiated	g (7.470 0.120	31 31	1 1		2.118 0.034	12.699 0.204	
24:1 cFatty acids, total polyunsaturated	g s	9.560	0	1		2.710	16.252	
18:2 undifferentiated	g (9.410 0.150	31 31	1 1		2.668 0.043	15.997 0.255	
20:2 n-6 c,c	g							
20:4 undifferentiated	g							
22:4	g							
22:6 n-3 (DHA) Fatty acids, total trans	g	4	1	4			7	
CholesterolPhytosterols	5	ŧ	1	4		1	7	
Amino Acids: Tryptophan	a (0.073	0	1		0.021	0.124	
Threonine	•	0.365	0	1		0.103	0.621	
Isoleucine	•	0.392	0	1		0.111	0.666	
Leucine	•	0.594	0	1		0.168	1.010	
Lysine		0.554	0	1 1		0.157	0.942	
Methionine	•	0.116 0.104	0	1		0.033 0.029	0.197 0.177	
Cystine	J	0.388	0	1		0.029	0.660	
Phenylalanine Tyrosine	•	0.329	0	1		0.110	0.559	
Valine	•	0.501	0	1		0.142	0.852	
Arginine	•	0.400	0	1		0.113	0.680	
Histidine	•	0.194	0	1		0.055	0.330	
Alanine	•	0.299	0	1		0.085	0.508	
Aspartic acid	=	1.494	0	1		0.424	2.540	
Glutamic acid	g i	1.446	0	1		0.410	2.458	
Glycine	•	0.268	0	1		0.076	0.456	
Proline	•	0.394	0	1		0.112	0.670	
Serine	•	0.357	0	1		0.101	0.607	
Hydroxyproline	g							

Snacks, potato chips, cheese-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 bag (6 oz)

Calories Factors: Protein 3 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

		Am	ount in 10			le porti	<u>on</u>	Amount in edible portion of common measures of food		
				Number				<u> </u>	easures or roc	<u> </u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.0	0	0	MC	9		0.57	4.54	
Energy		379		0	NC	4		107	860	
Energy		1586		0	NC	4		450	3600	
Protein		9.6	4	0	MA	12		2.73	21.88	
Total lipid (fat)	g	0.6	0	0	NC	4		0.17	1.36	
Ash	g	4.0	0	0	NC	4		1.13	9.08	
Carbohydrate, by difference	g	83.7	6	0	NC	4		23.75	190.14	
Fiber, total dietary	g	7.5		0	MA	12		2.1	17.0	
Sugars, total	g	3.69	9	0	BFSN	4		1.05	8.38	
Starch	g									
Minanala										
Minerals:	m.c	35		^	1/2	10		10	=-	
Calcium, Ca	-	35 3.5'	7	0	MA MA	12 12		10 1.01	79 8.10	
Iron, Fe		70	,	0	MA BFAN	4		20	159	
Phosphorus, P	-	167		0	BFAN	4		20 47	379	
Potassium, K		1628		0	MC	9		462	3696	
Sodium, Na		643		0	MA	12		182	1460	
Zinc, Zn	-	0.7	4	0	BFAN	4		0.21	1.68	
Copper, Cu	-	0.1	74	0	BFAN	4		0.049	0.395	
Manganese, Mn										
Selenium, Se	µg	8.1		0	BFZN	4		2.3	18.4	
Vitamine.										
Vitamins: Vitamin C, total ascorbic acid	ma	9.3		0	MA	12		2.6	21.1	
Thiamin	-	1.0	80	0	BFSN	4		0.306	2.452	
Riboflavin		0.1		0	BFSN	4		0.033	0.261	
Niacin	-	6.4		0	BFSN	4		1.827	14.632	
Pantothenic acid	-	***		·	22 211	-			11.032	
Vitamin B-6	-	0.8	00	0	BFSN	4		0.227	1.816	
Folate, total	-	45		0		1		13	102	
Folic acid	µg	0		0	NR	4		0	0	
Folate, food		45		0	NR	4		13	102	
Folate, DFE	µg	45		0	NC	4		13	102	
Choline, total	mg	54.1		0	FLA	4		15.3	122.9	
Betaine	mg									
Vitamin B-12	µg	0.0	0	0	Z	7		0.00	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE		1		0	NC	4		0	1	
Retinol		0		0	Z	7		0	0	
Carotene, beta		7		0	BFSN	4		2	15	
Carotene, alpha		0		0	BFSN	4		0	0	
Cryptoxanthin, beta		0		0	BFSN	4		0	0	
Vitamin A, IU		11		0	NC	4		3 0	26	
Lycopene		0 39		0	BFSN BFSN	4 4		0 11	0 88	
Lutein + zeaxanthin		0.0	4	0	BFSN	4		0.01	0.08	
Vitamin E (alpha-tocopherol) Vitamin E, added		0.0		0	BF SN Z	7		0.01	0.08	
Tocopherol, beta		0.00	-	Ū	4	,		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta	-									
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D	<u>I</u> U	0			Z	7		0	0	
Vitamin K (phylloquinone)	µg	9.1		0	BFSN	4		2.6	20.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

	Am	ount in 10			Amount in edible portion of common measures of food				
			Number					casares or roc	<u>, u</u>
Nutricute and Unite	Maan	Std. Error			Source Co	nfidence Code		M 0	Manage 2
Nutrients and Units	Mean	Sta. Error	FUIIIIS	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated	0.1	50	0	BFFN	4		0.043	0.341	
4:0g	0.0	00	0	BFFN	4		0.000	0.000	
6:0g	0.0		0	BFFN	4		0.000	0.000	
8:0g	0.0		0	BFFN	4		0.000	0.000	
10:0g	0.0	00	0	BFFN	4		0.000	0.000	
12:0g	0.0	15	0	BFFN	4		0.004	0.034	
13:0g									
14:0g	0.0	00	0	BFFN	4		0.000	0.000	
15:0g									
16:0g	0.1	10	0	BFFN	4		0.031	0.250	
17:0g									
18:0g	0.0	15	0	BFFN	4		0.004	0.034	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	15	0	BFFN	4		0.004	0.034	
14:1g									
15:1g	0.0	0.0	0				0.000	0.000	
16:1 undifferentiatedg	0.0	00	U	BFFN	4		0.000	0.000	
17:1	0.0	16	0	BFFN	4		0.004	0.034	
20:1	0.0		0	BFFN	4		0.004	0.034	
20:1g 22:1 undifferentiatedg	0.0		0	BFFN	4		0.000	0.000	
24:1 cg	0.0	00	U	DFFN	4		0.000	0.000	
Fatty acids, total polyunsaturated	0.2	55	0	BFFN	4		0.072	0.579	
18:2 undifferentiatedg	0.2		0	BFFN	4		0.072	0.454	
18:3 undifferentiated	0.0		0	BFFN	4		0.017	0.136	
18:4	0.0		0	BFFN	4		0.000	0.000	
20:2 n-6 c,cg	0.0	00	U	DFFN	-		0.000	0.000	
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	00	0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)	0.0		0	BFFN	4		0.000	0.000	
21:5g	0.0		·	DIII	-		0.000	0.000	
22:4									
22:5 n-3 (DPA)g	0.0	00	0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)g	0.0		0	BFFN	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	z	7		0	0	
Phytosterols mg	-		-				-	-	
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0	0.0	
Caffeinemg	0		0	BFSN	4		0	0	
Theobrominemg	0		0	BFSN	4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am o</u>	unt in 100 gran		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
			Num b		_			easures or 100	<u> </u>
						Confidence			
Nutrients and Un	its	Mean S	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	2.00	0	MC	9		0.57		
Energy	kcal	274	0	NC	4		78		
Energy	kJ	1147	0	NC	4		325		
Protein	g	7.74	1	A	1		2.19		
Total lipid (fat)	g	0.70	1	A	1		0.20		
Ash	g	4.57	1	A	1		1.30		
Carbohydrate, by difference	g	65.00	0	NR	4		18.43		
Fiber, total dietary		6.8	1	A	1		1.9		
Sugars, total		0.00	1	A	1		0.00		
Starch		58.20	1	A	1		16.50		
Minerals:									
Calcium, Ca	_	35	1		1		10		
Iron, Fe	_	2.40	1		1		0.68		
Magnesium, Mg		69	1		1		20		
Phosphorus, P		174	1		1		49		
Potassium, K		1160	1		1		329		
Sodium, Na	_	554	1		1		157		
Zinc, Zn	_	3.50	1		1		0.99		
Copper, Cu		0.440			1		0.125		
Manganese, Mn		0.770			1		0.218		
Selenium, Se	µg	0.9	1	A	1		0.3		
Vitamins:_									
Vitamin C, total ascorbic acid	mg	28.3	1	A	1		8.0		
Thiamin	mg	0.329	1	A	1		0.093		
Riboflavin	mg	0.050	1	A	1		0.014		
Niacin	mg	4.370	1	A	1		1.239		
Pantothenic acid	mg	0.981	. 1	A	1		0.278		
Vitamin B-6	mg	0.158	1	A	1		0.045		
Folate, total	µg	83	1	A	1		24		
Folic acid	µg	0	0	Z	7		0		
Folate, food	µg	83	1	A	1		24		
Folate, DFE	µg	83	0	NC	4		24		
Choline, total	mg	38.8	0	AS	1		11.0		
Betaine	mg	1.0	1	A	1		0.3		
Vitamin B-12		0.00	0	Z	7		0.00		
Vitamin B-12, added	µg	0.00	0	Z	7		0.00		
Vitamin A, RAE		0	0	AS	1		0		
Retinol	µg	0	0	Z	7		0		
Carotene, beta	µg	0	1	A	1		0		
Carotene, alpha	µg	0	1	A	1		0		
Cryptoxanthin, beta	µg	0	1	A	1		0		
Vitamin A, IU		0	0	AS	1		0		
Lycopene		0	1		1		0		
Lutein + zeaxanthin		0	0	Z	7		0		
Vitamin E (alpha-tocopherol)	_	0.00	0	Z	7		0.00		
Vitamin E, added	_	0.00	0	Z	7		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta		• •	_	_	_				
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D		0	-	Z	7		0		
Vitamin K (phylloquinone)		0.0 0.0	0	s A	4 1		0.0 0.0		
Dihydrophylloquinone									

	<u>Amount</u>	in 100 grams		ible portion			dible portion	
		Num be	r			<u>m</u>	easures of foo	<u>oa</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	0.240	0	NC	4		0.068		
4:0g	0.000	1	MA	12		0.000		
6:0g	0.000	1	A	1		0.000		
8:0g	0.000	1	A	1		0.000		
10:0g	0.000	1	A	1		0.000		
12:0g	0.007	1	A	1		0.002		
13:0g								
14:0g	0.009	1	A	1		0.003		
15:0g								
16:0g	0.172	1	A	1		0.049		
17:0g								
18:0g	0.037	1	A	1		0.010		
20:0g	0.004	1	A	1		0.001		
22:0g	0.011	1	A	1		0.003		
24:0g								
Fatty acids, total monounsaturatedg	0.180	0	NC	4		0.051		
14:1g	0.000	1	A	1		0.000		
15:1g								
16:1 undifferentiatedg	0.006	1	A	1		0.002		
17:1g								
18:1 undifferentiated	0.174	1	A	1		0.049		
20:1g	0.000	1	A	1		0.000		
22:1 undifferentiatedg	0.000	1	MA	12		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.304	0	NC	4		0.086		
18:2 undifferentiatedg	0.275	1	MA	12		0.078		
18:3 undifferentiatedg	0.029	1	A	1		0.008		
18:4g	0.000	1	MA	12		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	1	MA	12		0.000		
20:5 n-3 (EPA)g	0.000	1	MA	12		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	1	MA	12		0.000		
22:6 n-3 (DHA)g	0.000	1	MA	12		0.000		
Fatty acids, total trans9								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am our</u>	nt in 100 gı	rams	of edi	ble portion	<u>1</u>	Amount in e	dible portion	of common
			Nur	n ber					easures of fo	
						Source C	onfidence			
Nutrients and	Units	Mean Std	I. Error Po				Code	Measure 1	Measure 2	Measure
Proximates:										
Water		1.35		0	NR	4		0.38	3.06	
Energy		560		0	NC	4		157	1270	
Energy	kJ	2341		0	NC	4		655	5314	
Protein	g	6.72	0.148	16	A	1		1.88	15.26	
Total lipid (fat)	g	35.39	0.830	10	JO	11		9.91	80.33	
Ash	g	3.00		0	NR	4		0.84	6.81	
Carbohydrate, by difference	g	53.54		0	NC	4		14.99	121.54	
Fiber, total dietary	g	4.2	0.156	3	JO	11		1.2	9.4	
Sugars, total	g	0.34	0.016	12	A	1		0.09	0.77	
Sucrose	g	0.34	0.014	7	A	1		0.09	0.77	
Glucose (dextrose)		0.00	0.000	7	A	1		0.00	0.00	
Fructose		0.00	0.000	7	A	1		0.00	0.00	
Lactose		0.00	0.000	7	A	1		0.00	0.00	
Maltose		0.00	0.000	7	A	1		0.00	0.00	
Galactose		0.00	0.000	7	A	1		0.00	0.00	
Starch		45.95		0	0	4		12.87	104.31	
Minerals:										
Calcium, Ca	ma	24	0.498	222	73	6		7	54	
,	• • • • • • • • • • • • • • • • • • • •	1.43	0.498		JA A	1		0.40	3.25	
Iron, Fe		62	2.090		A	1		17	140	
Phosphorus, P		148	7.922		A	1		41	336	
Potassium, K		1304	37.534		A	1		365	2959	
Sodium, Na (1)		187	14.224		A	1		52	424	
Zinc, Zn		1.51	0.477		A	1		0.42	3.42	
Copper, Cu		0.299	0.017		A	1		0.084	0.680	
Manganese, Mn		0.478	0.074		A	1		0.134	1.086	
Selenium, Se		7.8	0.773	36	A	1		2.2	17.8	
Vitamins:										
	ma	27.3	1.413	8	A	1		7.7	62.0	
Vitamin C, total ascorbic acid	-	0.158	0.010	6	A	1		0.044	0.359	
ThiaminRiboflavin	_	0.138	0.100	6	A	1		0.044	0.393	
Niacin	• • • • • • • • • • • • • • • • • • • •	5.476	0.100		A	1		1.533	12.430	
Pantothenic acid	-	0.815	0.430	2	A	1		0.228	1.850	
Vitamin B-6		0.651	0.036		A	1		0.182	1.479	
Folate, total		58	5.188	7	A	1		16	131	
Folic acid		0	3.100	0	Z	7		0	0	
Folate, food		58	8.376		A	1		16	131	
Folate, DFE		58	0.570	0	NC	4		16	131	
Choline, total		12.1		0	AS	1		3.4	27.4	
Betaine	-	0.2		1	A	1		0.0	0.4	
Vitamin B-12	-	0.00		1		4		0.00	0.00	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta		0		0	0	4		0	0	
Carotene, alpha		0		0	0	4		0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	
Vitamin A, IU		0	0.000	5		1		0	0	
Lycopene		0		0	z	7		0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		7.72	0.709		JO	11		2.16	17.52	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		10.46	5.375		A	1		2.93	23.75	
Tocopherol, gamma		5.11	5.108	3	A	1		1.43	11.60	
Tocopherol, delta		0.44	0.084		A	1		0.12	1.01	
Tocotrienol, alpha		0.22	0.116	3	A	1		0.06	0.50	
Tocotrienol, beta		0.07	0.070		A	1		0.02	0.16	

Number N		<u>An</u>	ount in 10	0 gran	nsof	edible po	rtion	Amount in e	dible portion	of common
Nutrients and Units				Num h	er					
Technical gamms						riv Sour	ce Confidence			_
Touristic DOIS 1950 1960 1970	N utrients and U nits	Mean	Std. Error	Poin	ts Co	de Cod	e Code	Measure 1	Measure 2	Measure 3
Touristic DOIS 1950 196 197 198										
Visuan D 22 epselofroto	Tocotrienol, gammam	ng 0.1	9 0.	193 3	3	A 1		0.05	0.44	
Vitamin D. Cegoscal-Grown 19										
Visimin D U D U D C D C T D D D D	. , ,	-		C)	Z 7		0.0	0.0	
Vitamin D. U Q Z T C Q O	, ,									
Visuain K (spin Squinoue)					1	7. 7		0	0	
Day Day										
		o .								
Fally socks total saturated 9										
Fally socks total saturated 9	Lipids:									
80	·	5.4	90 1.	175 8	3 .	TO 11		1.537	12.463	
80	•	0.0	00 0.	000	3 3	TO 11		0.000	0.000	
100	6:0g	0.0	00 0.	000	3 3	70 11		0.000	0.000	
120										
130	_									
140	-	0.0	07 0.	001 8	3 .	то 11		0.002	0.017	
150		0.1	20 0	054		ro 11		0.036	0.004	
160										
170	_									
18D	_									
200.	_									
24-0.	-	0.1			3 .	TO 11				
Fatty acids, total monounsaturated. 9 14,938 3,026 8 JO 11 4,183 33,910 141	_	0.0	73 0.	011 8	3 .	TO 11		0.021	0.167	
14-1	24:0g	0.0	52 0.	004 8	3	A 1		0.015	0.118	
151	Fatty acids, total monounsaturatedg	14.9	38 3.	026 8	3 3	70 11		4.183	33.910	
16:1 undifferentiated	14:1g			000	3			0.000	0.000	
16:1 c	_									
16:1 t										
17:1	-									
18:1 undifferentiated										
18:1 c										
RS: L	_									
18:1-11 (18:1tn-7)	_				3					
22:1 undifferentiated	_									
22:1 c. 9 0.004 0.002 8 A 1 0.001 0.009 22:1 t. 9 0.000 0.000 8 A 1 0.000 0.000 24:1 c. 9 0.000 0.000 8 A 1 0.000 0.000 Fatty acids, total polyunsaturated. 9 12.416 2.082 8 JO 11 3.477 28.185 18:2 undifferentiated 9 11.785 2.137 8 JO 11 3.356 27.205 18:2 n-6 c.c. 9 11.785 2.130 8 A 1 0.004 0.031 18:2 t.L. 9 0.014 0.004 8 A 1 0.004 0.031 18:2 t.L. 9 18:2 i.on further defined 9 0.186 0.081 8 A 1 0.052 0.422 18:3 undifferentiated 9 0.414 0.115 8 J 1 0.116 0.940	20:1g	0.2	39 0.	071 8	3 3	TO 11		0.067	0.542	
22:1 L	22:1 undifferentiatedg	0.0	04 0.	002 8	3 3	70 11		0.001	0.009	
24:1 c	-				3			0.001	0.009	
Fatty acids, total polyunsaturated	_									
18:2 undifferentiated. g										
18:2 n-6 c,c. .9 11.785 2.130 8 A 1 3.300 26.752 18:2 CLAs .9 0.014 0.004 8 A 1 0.004 0.031 18:2 t _L .9 .9 0.186 0.081 8 A 1 0.052 0.422 18:3 undifferentiated .9 0.186 0.081 8 A 1 0.052 0.422 18:3 undifferentiated .9 0.414 0.115 8 JO 11 0.116 0.940 18:3 n-3 c,c c (ALA) .9 0.392 0.110 8 A 1 0.110 0.889 18:3 n-6 c,c,c .9 0.021 0.006 8 A 1 0.100 0.889 18:3i .9 0.001 0.000 8 A 1 0.006 0.049 18:4 .9 0.000 0.000 8 A 1 0.000 0.000 20:2 n-6 c,c .9 0.006 0.003 8 A 1 0.002 0.015										
18:2 CLAs g 0.014 0.004 8 A 1 0.004 0.031 18:2 t.t. g 18:2 i. g 0.186 0.081 8 A 1 0.052 0.422 18:3 i. 0.0116 0.940 0.940 0.0116 0.940 0.940 0.0116 0.940 0.949 0.940 0.949 0.940 0.949 0.940 0.949 0.940 0.949 0.949 0.900 0.900 0.900 0.900 0.900 0.900 0.900 0.900 0.900 <td></td>										
18:2 t.										
18:2 i								0.001	0.031	
18:2 t not further defined. 9 0.186 0.081 8 A 1 0.052 0.422 18:3 undifferentiated. 9 0.414 0.115 8 JO 11 0.116 0.940 18:3 n-3 c,c,c (ALA). 9 0.392 0.110 8 A 1 0.110 0.889 18:3 n-6 c,c,c. 9 0.021 0.006 8 A 1 0.006 0.049 18:3i 9 0.001 0.000 8 A 1 0.000 0.002 18:4 9 0.000 0.000 8 JO 11 0.000 0.000 20:2 n-6 c,c. 9 0.006 0.003 8 A 1 0.002 0.015 20:3 n-6 c,c. 9 0.002 0.001 8 A 1 0.001 0.005 20:3 n-6 9 0.002 0.001 8 A 1 0.000 0.000 20:4 n-6 9 0.009 0.001 8 JO 11 0.000 0.000 <										
18:3 n-3 c,c,c (ALA) 9 0.392 0.110 8 A 1 0.110 0.889 18:3 n-6 c,c,c 9 0.021 0.006 8 A 1 0.006 0.049 18:3i 9 0.001 0.000 8 A 1 0.000 0.002 18:4 9 0.000 0.000 8 JO 11 0.000 0.000 20:2 n-6 c,c 9 0.006 0.003 8 A 1 0.002 0.015 20:3 undifferentiated 9 0.002 0.001 8 A 1 0.002 0.015 20:3 n-3 9 0.002 0.001 8 A 1 0.001 0.005 20:3 n-6 9 0.000 0.000 8 A 1 0.000 0.000 20:4 undifferentiated 9 0.009 0.001 8 A 1 0.000 0.000 20:4 undifferentiated 9 0.009 0.001 8 Jo 11 0.003 0.020 20:5 n-		0.1	86 0.	081 8	3	A 1		0.052	0.422	
18:3 n-6 c,c,c 9 0.021 0.006 8 A 1 0.006 0.049 18:3i 9 0.001 0.000 8 A 1 0.000 0.002 18:4 9 0.000 0.000 8 JO 11 0.000 0.000 20:2 n-6 c,c 9 0.006 0.003 8 A 1 0.002 0.015 20:3 undifferentiated 9 0.002 0.001 8 AS 1 0.001 0.005 20:3 n-3 9 0.002 0.001 8 A 1 0.001 0.005 20:3 n-6 9 0.000 0.000 8 A 1 0.000 0.005 20:4 undifferentiated 9 0.009 0.001 8 JO 11 0.003 0.020 20:4 n-6 9 0.000 0.000 8 JO 11 0.000 0.000 21:5 9 0.000 0.000 8 A 1 0.000 0.000	18:3 undifferentiatedg	0.4	14 0.	115 8	3 3	70 11		0.116	0.940	
18:3i	18:3 n-3 c,c,c (ALA)g	0.3	92 0.	110 8	3			0.110	0.889	
18:4										
20:2 n-6 c,c. 9 0.006 0.003 8 A 1 0.002 0.015 20:3 undifferentiated. 9 0.002 0.001 8 AS 1 0.001 0.005 20:3 n-3. 9 0.002 0.001 8 A 1 0.001 0.005 20:3 n-6. 9 0.000 0.000 8 A 1 0.000 0.000 20:4 undifferentiated. 9 0.009 0.001 8 JO 11 0.003 0.020 20:4 n-6. 9 20:5 n-3 (EPA). 9 0.000 0.000 8 JO 11 0.000 0.000 21:5. 9 0.000 0.000 8 A 1 0.000 0.000	-									
20:3 undifferentiated 9 0.002 0.001 8 AS 1 0.001 0.005 20:3 n-3 9 0.002 0.001 8 A 1 0.001 0.005 20:3 n-6 9 0.000 0.000 8 A 1 0.000 0.000 20:4 undifferentiated 9 0.009 0.001 8 JO 11 0.003 0.020 20:4 n-6 9 20:5 n-3 (EPA) 9 0.000 0.000 8 JO 11 0.000 0.000 21:5 9 22:4 9 0.000 0.000 8 A 1 0.000 0.000	-									
20:3 n-3										
20:3 n-6	_									
20:4 undifferentiated										
20:4 n-6	_									
20:5 n-3 (EPA)	_		• •			- -				
22:4g 0.000 0.000 8 A 1 0.000 0.000	_	0.0	00 0.	000	3 .	то 11		0.000	0.000	
	21:5g									
22:5 n-3 (DPA)g 0.000 0.000 8 JO 11 0.000 0.000	-									
	22:5 n-3 (DPA)g	0.0	00 0.	000	3 .	70 11		0.000	0.000	

Snacks, potato chips, lightly salted

	<u>Am oun</u>	t in 100 gı	ram s	Amount in e	Amount in edible portion of common				
		Nur	nbei	-		<u>m</u>	measures of food		
Nutrients and Units	Mean Std				Source Confider Code Code		Measure 2	Measure 3	
22:6 n-3 (DHA)g	0.000	0.000	8	JO	11	0.000	0.000		
Fatty acids, total transg	0.215	0.081	8	JO	11	0.060	0.488		
Fatty acids, total trans-monoenoicg	0.028		0	NC	4	0.008	0.064		
Fatty acids, total trans-polyenoicg	0.187		0	NC	4	0.052	0.424		
Cholesterolmg	0	0.000	24		1	0	0		
Phytosterolsmg	181		0	FLA	4	51	411		
Others:									
Alcohol, ethylg	0.0		0		7	0.0	0.0		
Caffeinemg	0		0	FLA	4	0	0		
Theobrominemg	0		0	FLA	4	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 23 pieces Measure 2 = 227g: 1 bag

Footnotes:

1 Sodium has taken from the recent analytical one.(lightly salted)

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Amou	ınt in 100 gı	rams	of edil	ole porti	<u>on</u>	Amount in edible portion of common		
			Nur	mbeı	•				easures of fo	
			of	Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean S	td. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	2.27	0.052	10	A	1		0.64	0.64	
Energy	-	505	0.032	0	NC	4		143	141	
Energy		2114		0	NC	4		599	592	
Protein		5.30	0.078		A	1		1.50	1.48	
Total lipid (fat)		24.74	0.183		A	1		7.01	6.93	
Ash		2.36	0.081		A	1		0.67	0.66	
Carbohydrate, by difference	_	65.34	0.001	0	NC	4		18.52	18.29	
Fiber, total dietary		2.7	0.075		A A	1		0.8	0.8	
		4.08	0.269		A	1		1.16	1.14	
Sugars, total		2.57	0.072		A	1		0.73	0.72	
Sucrose		0.37	0.072		A	1		0.10	0.72	
Glucose (dextrose)		0.37	0.021		A	1		0.10	0.10	
Fructose	9		0.198			1				
Lactose		0.43 0.32	0.198		A A	1		0.12 0.09	0.12	
Maltose	9					1			0.09	
Galactose		0.00	0.000		A			0.00	0.00	
Starch	g	49.00	1.486	6	A	1		13.89	13.72	
Minerals:										
Calcium, Ca	_	26	2.805		A	1		7	7	
Iron, Fe		0.85	0.014		A	1		0.24	0.24	
Magnesium, Mg		40	0.276		A	1		11	11	
Phosphorus, P		127	1.408		A	1		36	35	
Potassium, K	-	330	4.655		A	1		93	92	
Sodium, Na	_	544	22.691		A	1 1		154	152 0.25	
Zinc, Zn		0.91	0.010 0.002		A A	1		0.26 0.040	0.25	
Copper, Cu		0.141 0.761	0.002		A	1		0.040	0.039	
Manganese, Mn Selenium, Se		8.4	0.272		A	1		2.4	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7		1	A	1		0.2	0.2	
Thiamin	-	0.132	0.003		A	1		0.037	0.037	
Riboflavin	-	0.085	0.014		A	1		0.024	0.024	
Niacin	-	2.558	0.053		A	1		0.725	0.716	
Pantothenic acid	-	0.603	0.009		A	1		0.171	0.169	
Vitamin B-6		0.252	0.011		A	1		0.071	0.070	
Folate, total	-	16	0.423		A	1		5	4	
Folic acid		0		0	NR	4		0	0	
Folate, food		16	0.423	6	A	1		5	4	
Folate, DFE	1.1	16		0	NC	4		5	4	
Choline, total		32.9		0	BFSN	4		9.3	9.2	
Betaine	-									
Vitamin B-12		0.00		0	NR	4		0.00	0.00	
Vitamin B-12, added		0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Carotene, beta		0		0	NR	4		0	0	
Carotene, alpha		0		0	NR	4		0	0	
Cryptoxanthin, beta		0		0	NR	4		0	0	
Vitamin A, IU		0		0	NC	4		0	0	
Lycopene		0		0	NR	4		0	0	
Lutein + zeaxanthin		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		9.08	0.321	6	A	1		2.57	2.54	
Vitamin E, added		0.00		0	NR	4		0.00	0.00	
Tocopherol, beta		2.19	1.387	6	A	1		0.62	0.61	
Tocopherol, gamma		4.11	1.312		A	1		1.16	1.15	
Tocopherol, delta		0.00	0.000		A	1		0.00	0.00	
Tocotrienol, alpha		0.27	0.019		A	1		0.08	0.07	
Tocotrienol, beta		0.39	0.125		A	1		0.11	0.11	

	Amount in 100 grams of edible portion Number								dible portion of easures of foo	•
Nutrients and Units	Mean	Std. E	of I _{Tror} Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.21	L	0.096	6	A	1		0.06	0.06	
Tocotrienol, deltag	0.05		0.032	6	A	1		0.01	0.01	
Vitamin D (D2 + D3)µg	0.0			0	BFNN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)µg										
Vitamin D3 (cholecalciferol)µg Vitamin DlU	0			0	NR	4		0	0	
Vitamin K (phylloquinone)	7.3			0	BFSN	4		2.1	2.0	
Dihydrophylloquinone										
Menaquinone-4µg										
Lipids:										
Fatty acids, total saturatedg	6.30)7		0	NC	4		1.788	1.766	
4:0g	0.00	00	0.000	8	A	1		0.000	0.000	
6:0g	0.00	00	0.000	8	A	1		0.000	0.000	
8:0g	0.01		0.005	8	A	1		0.004	0.004	
10:0g	0.02		0.005	8	A	1		0.008	0.008	
12:0g	0.08	38	0.030	8	A	1		0.025	0.025	
13:0g 14:0g	0.24	12	0.014	8	A	1		0.069	0.068	
15:0g	0.00		0.000	8	A	1		0.002	0.002	
16:0g	5.20		0.054	8	A	1		1.476	1.458	
17:0g	0.01	L 9	0.000	8	A	1		0.005	0.005	
18:0g	0.58	33	0.004	8	A	1		0.165	0.163	
20:0g	0.06		0.001	8	A	1		0.018	0.018	
22:0g	0.02		0.001	8	A	1		0.008	0.008	
24:0	0.02 4.28		0.001	8	A NC	1 4		0.007	0.007 1.200	
Fatty acids, total monounsaturatedg 14:1g	0.00		0.000	8	A A	1		1.215 0.000	0.000	
15:1g	0.00		0.000	8	A	1		0.000	0.000	
16:1 undifferentiatedg	0.12		0.001	8	AS	1		0.035	0.035	
16:1 cg	0.12	24	0.001	8	A	1		0.035	0.035	
16:1 tg	0.00	00	0.000	8	A	1		0.000	0.000	
17:1g	0.00		0.001	8	A	1		0.002	0.002	
18:1 undifferentiatedg	4.13		0.049	8	AS A	1 1		1.172	1.157	
18:1 c	4.09 0.03		0.049	8 8	A	1		1.162 0.010	1.147 0.010	
18:1-11 t (18:1t n-7)	0.0.	,,	0.002	Ü		-		0.010	0.010	
20:1g	0.02	20	0.001	8	A	1		0.006	0.006	
22:1 undifferentiatedg	0.00)1	0.001	8	AS	1		0.000	0.000	
22:1 cg	0.00	1	0.001	8	A	1		0.000	0.000	
22:1 tg	0.00		0.001	8	A	1		0.000	0.000	
24:1 cg	0.00		0.000	8	A	1		0.000	0.000	
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	10.61 10.55		0.148	0 8	NC AS	4 1		3.009 2.993	2.972 2.956	
18:2 n-6 c,cg	10.43		0.146	8	A	1		2.958	2.930	
18:2 CLAs	0.01		0.001		A	1		0.003	0.003	
18:2 t,tg										
18:2 ig										
18:2 t not further definedg	0.11		0.002	8	A	1		0.032	0.031	
18:3 undifferentiatedg	0.04		0.001	8 8	AS A	1 1		0.012	0.012	
18:3 n-3 c,c,c (ALA)	0.04		0.001	8	A	1		0.012 0.000	0.012 0.000	
18:3ig	0.00		0.000	8	A	1		0.000	0.000	
18:4g	0.00		0.000	8	A	1		0.000	0.000	
20:2 n-6 c,cg	0.00	00	0.000	8	A	1		0.000	0.000	
20:3 undifferentiated	0.00		0.006	8	AS	1		0.002	0.002	
20:3 n-3g	0.00		0.006	8	A	1		0.002	0.002	
20:3 n-6g	0.00		0.001	8	A	1		0.000	0.000	
20:4 undifferentiatedg 20:4 n-6g	0.00	סי	0.000	8	A	1		0.002	0.002	
20:4 n-6g 20:5 n-3 (EPA)	0.00	00	0.000	8	A	1		0.000	0.000	
21:5g										
22:4g	0.00	00	0.000	8	A	1		0.000	0.000	
22:5 n-3 (DPA)g	0.00	00	0.000	8	A	1		0.000	0.000	

	<u>Am oun</u>	t in 100 grams	of edil	Amount in edible portion of common					
		Num be	r			<u>m</u>	measures of food		
Nutrients and Units	Mean Std.	of Data Error Points			Confidence Code	Measure 1	Measure 2	Measure 3	
22:6 n-3 (DHA)g	0.000	0.000 8	A	1		0.000	0.000		
Fatty acids, total transg	0.149	0	NC	4		0.042	0.042		
Fatty acids, total trans-monoenoicg	0.037	0	NC	4		0.010	0.010		
Fatty acids, total trans-polyenoicg	0.112	0	NC	4		0.032	0.031		
Cholesterolmg	0	0	BFSN	4		0	0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	NR	4		0.0	0.0		
Caffeinemg	0	0	NR	4		0	0		
Theobrominemg	0	0	NR	4		0	0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 16.5 pieces average

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 19412 Snacks, potato chips, made from dried potatoes, cheese-flavor

Refuse:0%

Menaquinone-4.....µg

Lipids:

		<u>Am</u>	ount in 10	Amount in edible portion of common						
			Number	measures of food						
						Source C	onfidence			
Nutrients and Units		Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.9	0	1		1		0.54	3.63	
Energy	kcal	551		0	NC	4		156	1052	
Energy	kJ	2305		0		4		654	4403	
Protein (N x 6.3)	g	7.0	0	1		1		1.98	13.37	
Total lipid (fat)	g	37.0	0	1		1		10.49	70.67	
Ash	g	3.5	0	1		1		0.99	6.69	
Carbohydrate, by difference	g	50.6	0	0	NC	4		14.35	96.65	
Fiber, total dietary	g	3.4		0		4		0.9	6.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	110		1		1		31	210	
Iron, Fe	-	1.6	0	1		1		0.45	3.06	
Magnesium, Mg	-	53		1		4		15	101	
Phosphorus, P		163		1		4		46	311	
Potassium, K		381		1		4		108	728	
Sodium, Na	<u>mg</u>	600		0	NR	4		170	1146	
Zinc, Zn	mg	0.6	4	1		4		0.18	1.22	
Copper, Cu	mg	0.0	56	1		4		0.016	0.107	
Manganese, Mn	mg	0.0	58	1		4		0.016	0.111	
Selenium, Se	µg	8.1		0	BFZN	4		2.3	15.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.5		1		1		2.4	16.2	
Thiamin	mg	0.1	80	1		1		0.051	0.344	
Riboflavin	mg	0.1	20	1		1		0.034	0.229	
Niacin	mg	2.6	00	1		1		0.737	4.966	
Pantothenic acid	mg	0.3	38	1		4		0.096	0.646	
Vitamin B-6	mg	0.5	21	1		4		0.148	0.995	
Folate, total	µg	18		1		4		5	34	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food		18		1		4		5	34	
Folate, DFE		18		0	NC	4		5	34	
Choline, total										
Betaine			_	_						
Vitamin B-12		0.0	U	1		4		0.00	0.00	
Vitamin A, RAE		1		0	NC	4		0	2	
Retinol		1		0	NC	4		0	2	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta Vitamin A, IU		3		0	0	4		1	6	
Lycopene		3		Ū	Ü	-		-	v	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									

	į	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
Nutrients and Units	Mear	Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated	g 9	.570	0		1		2.713	18.279			
4:0	g 0	.050	1		1		0.014	0.096			
6:0	g 0	.030	1		1		0.009	0.057			
8:0	g 0	.010	1		1		0.003	0.019			
10:0	g 0	.040	1		1		0.011	0.076			
12:0		.040	1		1		0.011	0.076			
13:0											
14:0		.470	1		1		0.133	0.898			
15:0	-										
16:0	5	.780	1		1		2.206	14.860			
17:0	-		_		_						
18:0	•	.160	1		1		0.329	2.216			
20:0	-										
22:0	-										
24:0Fatty acids, total monounsaturated	-	.140	0		1		2.024	13.637			
14:1		.140	O		_		2.024	13.637			
15:1	•										
16:1 undifferentiated	•	.360	1		1		0.102	0.688			
17:1	•	.500	-		-		0.102	0.000			
18:1 undifferentiated	-	.780	1		1		1.922	12.950			
20:1	-	.,	_		_		1.722	12.550			
22:1 undifferentiated	-										
24:1 c	-										
Fatty acids, total polyunsaturated		.660	0		1		5.290	35.641			
18:2 undifferentiated		.310	1		1		5.191	34.972			
18:3 undifferentiated		.350	1		1		0.099	0.669			
18:4	-										
20:2 n-6 c,c	-										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3 (EPA)	g										
21:5	g										
22:4	g										
22:5 n-3 (DPA)	g										
22:6 n-3 (DHA)											
Fatty acids, total trans			_		_		_				
Cholesterol	=		1		1		1	8			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g 0	.066	0		1		0.019	0.126			
Threonine		.291	0		1		0.082	0.556			
Isoleucine		.329	0		1		0.093	0.628			
Leucine		.509	0		1		0.144	0.972			
Lysine	g 0	.476	0		1		0.135	0.909			
Methionine	g 0	.109	0		1		0.031	0.208			
Cystine	g 0	.081	0		1		0.023	0.155			
Phenylalanine	g 0	.320	0		1		0.091	0.611			
Tyrosine	•	.282	0		1		0.080	0.539			
Valine	•	.411	0		1		0.117	0.785			
Arginine	~	.321	0		1		0.091	0.613			
Histidine	~	.171	0		1		0.048	0.327			
Alanine	•	.237	0		1		0.067	0.453			
Aspartic acid	~	.062	0		1		0.301	2.028			
Glutamic acid	•	.242	0		1		0.352	2.372			
Glycine	•	.202	0		1		0.057	0.386			
Proline	•	.395	0		1		0.112	0.754			
Serine	•	.308	0		1		0.087	0.588			
Hydroxyproline	y										

Snacks, potato chips, made from dried potatoes, cheese-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 191g: 1 can (6.25 oz)

Calories Factors: Protein 3.3 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

Nutrients and Uni			N I	a la - ·					easures of for	of common od
	Nutrients and Units				Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
		Mean S								
Proximates:										
Water	g	2.63	0.081	4	A	1		0.75		
Energy		253		0	NC	4		72		
Energy	kJ	1057		0	NC	4		300		
Protein (N x 6.2)	g	5.06	0.081	4	A	1		1.44		
Total lipid (fat)	g	0.93		1	A	1		0.26		
Ash	g	2.84	0.053	4	A	1		0.80		
Carbohydrate, by difference	g	56.00		0	NR	4		15.88		
Fiber, total dietary	g	7.3	0.846	4	A	1		2.1		
Sugars, total	g	0.59	0.295	4	A	1		0.17		
Sucrose	g	0.24	0.167	4	A	1		0.07		
Glucose (dextrose)		0.13	0.059	4	A	1		0.04		
Fructose		0.14	0.069	4	A	1		0.04		
Lactose		0.00	0.000	4	A	1		0.00		
Maltose		0.07	0.000	4	A	1		0.02		
Galactose		0.00	0.000	4	A	1		0.00		
Starch		46.07	0.541	4	A	1		13.06		
	9									
Minerals:										
Calcium, Ca	<u>mg</u>	20	0.723	4	A	1		6		
Iron, Fe	mg	1.14	0.015	4	A	1		0.32		
Magnesium, Mg	mg	48	0.232	4	A	1		13		
Phosphorus, P	<u>m</u> g	132	2.041	4	A	1		37		
Potassium, K	mg	931	8.655	4	A	1		264		
Sodium, Na	mg	429	15.370	4	A	1		122		
Zinc, Zn	mg	0.78	0.007	4	A	1		0.22		
Copper, Cu	mg	0.165	0.003	4	A	1		0.047		
Manganese, Mn	mg	0.394	0.003	4	A	1		0.112		
Selenium, Se	µg	2.9	0.372	4	A	1		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	108.8		1	A	1		30.8		
Thiamin	-	0.177	0.017	4	A	1		0.050		
Riboflavin	-	0.016	0.001	4	A	1		0.005		
Niacin	-	3.397	0.473	4	A	1		0.963		
Pantothenic acid	-	0.963	0.019	4	A	1		0.273		
Vitamin B-6	•	0.532	0.019	4	A	1		0.151		
Folate, total		67	0.013	1	A	1		19		
Folic acid		0		0	Z	7		0		
Folate, food		67		1	A	1		19		
Folate, DFE		67		0	NC	4		19		
,		38.8		0	0	4		11.0		
Choline, totalBetaine		30.0		U	O	-		11.0		
	-	0.00		0	z	7		0.00		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin B-12, added		0.00		0	AS	1		0.00		
Vitamin A, RAE		0		0	Z	7		0		
Retinol		0		1	A	1		0		
Carotene, beta		0				1		0		
Carotene, alpha		0		1	A			0		
Cryptoxanthin, beta		0		0	A	1 1		0		
Vitamin A, IU		0		1	AS A	1		0		
Lycopene		0		0	A Z	7		0		
Lutein + zeaxanthin		-		0	Z	7		-		
Vitamin E (alpha-tocopherol)		0.00		0	z z	7		0.00		
Vitamin E, added	-	0.00		U	Z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta Tocotrienol, gamma										

	Am	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
						o	<u></u>	0404100 0110			
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3		
Tocotrienol, deltamg	0.0		•	-	-		0.0				
Vitamin D (D2 + D3)	0.0		0	Z Z	7 7		0.0				
Vitamin D	328.6		1	A.	1		0 93.2				
Vitamin K (phylloquinone)µg	0.0		1	A	1		0.0				
Dihydrophylloquinone	0.0		1	A	1		0.0				
-											
Lipids:	0.3	55	0	ML	5		0.101				
Fatty acids, total saturated	0.0		0	FLM	4		0.000				
6:0g	0.0		1	A	1		0.000				
8:0	0.0		1	A	1		0.000				
10:0	0.0		1	A	1		0.000				
12:0g	0.0		0	FLM	4		0.003				
13:0			•		-		0.005				
14:0g	0.0	02	0	FLM	4		0.001				
15:0g	0.0		000 4	A	1		0.002				
16:0	0.1		0	FLM	4		0.046				
17:0g	0.0		1	A	1		0.000				
18:0g	0.0		0	FLM	4		0.017				
20:0g	0.0		1	A	1		0.000				
22:0g	0.0	15	1	A	1		0.004				
24:0g	0.0	00 0.0	000 4	A	1		0.000				
Fatty acids, total monounsaturatedg	0.3	00	0	FLM	4		0.085				
14:1g	0.0	00	1	A	1		0.000				
15:1g											
16:1 undifferentiatedg	0.0	00	0	FLM	4		0.000				
17:1g											
18:1 undifferentiatedg	0.3	00	0	FLM	4		0.085				
20:1g	0.0	00	0	FLM	4		0.000				
22:1 undifferentiatedg	0.0	00	0	FLM	4		0.000				
24:1 cg											
Fatty acids, total polyunsaturatedg	0.1		0	FLM	4		0.054				
18:2 undifferentiatedg	0.1		0	FLM	4		0.045				
18:3 undifferentiatedg	0.0		0	FLM	4		0.009				
18:4g	0.0	00	0	FLM	4		0.000				
20:2 n-6 c,cg											
20:3 undifferentiatedg	0.0		000 4	AS	1		0.000				
20:4 undifferentiatedg	0.0		0	FLM	4		0.000				
20:5 n-3 (EPA)g	0.0	00	0	FLM	4		0.000				
21:5g	0.00		200 4	_			0.000				
22:4g	0.0		000 4	A	1		0.000				
22:5 n-3 (DPA)g	0.0		0	FLM	4		0.000				
22:6 n-3 (DHA)g	0.0	00	U	FLM	4		0.000				
Fatty acids, total trans	0		0	z	7		0				
Phytosterolsmg	U		U	4	,		U				
•											
Others:				_	-		2.2				
Alcohol, ethylg	0.0		0	Z	7		0.0				
Caffeinemg	0		0	Z	7		0				
Theobrominemg	0		U	Z	7		0				

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Food Group: 25 Snacks

Refuse:0%

		Am	<u>ount in 100</u>	Amount in e	Amount in edible portion of common					
			N		easures of fo					
						Source (Confidence			
Nutrients and Uni	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	2.22	0.07	76 4	A	1		0.63	3.78	
Energy		502		0	NC	4		142	854	
Energy		2102		0	NC	4		596	3573	
Protein (N x 6.25)		4.56	0.10)5 4	A	1		1.29	7.76	
Total lipid (fat)		26.14	0.27	70 4	A	1		7.41	44.44	
Ash	g	2.31	0.15	58 4	A	1		0.65	3.92	
Carbohydrate, by difference	g	64.76	i	0	NC	4		18.36	110.10	
Fiber, total dietary	g	3.2	0.11	L1 4	A	1		0.9	5.5	
Sugars, total	g	0.63	0.19	96 4	A	1		0.18	1.07	
Sucrose	g	0.39	0.15	51 4	A	1		0.11	0.67	
Glucose (dextrose)		0.00	0.00	00 4	A	1		0.00	0.00	
Fructose		0.16			A	1		0.05	0.28	
Lactose	g	0.00			A	1		0.00	0.00	
Maltose		0.07	0.00	00 4	A	1		0.02	0.13	
Galactose										
Starch	g									
Minerals:					_					
Calcium, Ca		29	1.32		A	1		8	49	
Iron, Fe		1.11			A	1 1		0.31	1.89	
Magnesium, Mg		45 129	0.88 3.30		A A	1		13 37	76 220	
Phosphorus, P Potassium, K		760	22.5		A	1		216	1292	
Sodium, Na		450	22.5.	0	LC	8		128	765	
Zinc, Zn		0.70	0.01		A	1		0.20	1.19	
Copper, Cu		0.15			A	1		0.044	0.261	
Manganese, Mn		0.36	0.00	3 4	A	1		0.102	0.614	
Selenium, Se	µg	2.9	0.23	33 4	A	1		0.8	4.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.0		1		1		3.4	20.4	
Thiamin	mg	0.21	.2 0.03	36 4	A	1		0.060	0.361	
Riboflavin	mg	0.01	.5 0.00	00 4	A	1		0.004	0.025	
Niacin	mg	3.59	0.06	54 4	A	1		1.019	6.111	
Pantothenic acid	•	0.83			A	1		0.235	1.411	
Vitamin B-6	-	0.41	.2 0.02		A	1		0.117	0.701	
Folate, total		27		0	FLA	4		8	46	
Folic acid		0		0	FLA	4		0	0	
Folate, food		27 27		0	FLA NC	4		8 8	46	
Folate, DFE		0.0		0	NC Z	7		0.0	46 0.0	
Betaine		0.0		U	4	,		0.0	0.0	
Vitamin B-12	-	0.00	1	1		4		0.00	0.00	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	FLA	4		0	0	
Carotene, beta		0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	J <u>U</u>	0		1		4		0	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		2.18		0	FLA	4		0.62	3.70	
Vitamin E, added		0.00	1	0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma										

	<u> </u>	Amount in 100 grams of edible portion					Amount in edible portion of common			
		Num b					measures of food			
Nutrients and Units	Mean	Std.		Data		Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		. 0		0	Z	7	0.0	0.0		
Vitamin D				0	Z	7	0	0		
Vitamin K (phylloquinone)		. 2		0	FLA	4	2.0	12.2		
Dihydrophylloquinone										
Menaquinone-4	49									
Lipids:	α 6	759		0	NC	4	1.916	11.491		
Fatty acids, total saturated	-	.007	0.002	4	A.	1	0.002	0.012		
6:0		000	0.000	4	A	1	0.000	0.000		
8:0	-	006	0.000	4	A	1	0.002	0.010		
10:0	g 0	010	0.005	4	A	1	0.003	0.017		
12:0	g 0	007	0.000	4	A	1	0.002	0.011		
13:0										
14:0		192	0.001	4	A	1	0.054	0.326		
15:0	-	007	0.000	4	A	1	0.002	0.012		
16:0		.806 .020	0.075	4	A	1	1.646	9.870		
17:0 18:0		653	0.000	4 4	A A	1	0.006 0.185	0.034 1.110		
20:0		.035	0.020	4	A	1	0.010	0.060		
22:0	0	017	0.010	4	A	1	0.010	0.030		
24:0		000	0.000	4	A	1	0.000	0.000		
Fatty acids, total monounsaturated		553		0	NC	4	1.291	7.740		
14:1		000	0.000	4	A	1	0.000	0.000		
15:1	g 0	000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated	g 0	126	0.001	4	AS	1	0.036	0.215		
16:1 c	-	126	0.001	4	A	1	0.036	0.214		
16:1 t	=	000	0.000	4	A	1	0.000	0.000		
17:1	0	005	0.003	4	A	1	0.002	0.009		
18:1 undifferentiated 18:1 c		.389 .356	0.065 0.058	4 4	AS A	1	1.244 1.235	7.462 7.405		
18:1 t		.033	0.006	4	A	1	0.009	0.057		
18:1-11 t (18:1t n-7)				-		-	0.005	0.037		
20:1	-	021	0.001	4	A	1	0.006	0.036		
22:1 undifferentiated	=	001	0.000	4	AS	1	0.000	0.001		
22:1 c	g 0	000	0.000	4	A	1	0.000	0.000		
22:1 t		001	0.000	4	A	1	0.000	0.001		
24:1 c		009	0.001	4	A	1	0.003	0.016		
Fatty acids, total polyunsaturated		201		0	NC	4	3.459	20.742		
18:2 undifferentiated		123	0.232	4	AS	1	3.437	20.608		
18:2 n-6 c,c 18:2 CLAs	0	.986 .032	0.229 0.002	4	A A	1 1	3.398 0.009	20.376		
18:2 CLAS		032	0.002	*	A	1	0.009	0.055		
18:2 i										
18:2 t not further defined	-	105	0.003	4	A	1	0.030	0.178		
18:3 undifferentiated	g 0	043	0.001	4	AS	1	0.012	0.073		
18:3 n-3 c,c,c (ALA)	g 0	043	0.001	4	A	1	0.012	0.073		
18:3 n-6 c,c,c		000	0.000	4	A	1	0.000	0.000		
18:3i										
18:4		000	0.000	4	A	1	0.000	0.000		
20:2 n-6 c,c 20:3 undifferentiated		002	0.000	4 4	A AS	1 1	0.001 0.000	0.003		
20:3 n-3		.000	0.000	4	A	1	0.000	0.001 0.000		
20:3 n-6		001	0.000	4	A	1	0.000	0.000		
20:4 undifferentiated	-	001	0.000	4	A	1	0.000	0.001		
20:4 n-6	=									
20:5 n-3 (EPA)		019	0.007	4	A	1	0.006	0.033		
21:5										
22:4	=	002	0.001		A	1	0.000	0.003		
22:5 n-3 (DPA)	-	004	0.002		A	1	0.001	0.008		
22:6 n-3 (DHA)		000		0		1	0.000	0.000		
Fatty acids, total trans		139		0	NC	4	0.039	0.236		
Fatty acids, total trans-monoenoic	y 0	034		0	NC	4	0.010	0.058		

	Amount in edible portion of common							
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoicg	0.105 0	0 1	NC	4 1		0.030	0.178	
Cholesterolmg	U	1		1		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.044	0		1		0.012	0.075	
Threonineg	0.245	0		1		0.069	0.417	
Isoleucineg	0.248	0		1		0.070	0.422	
Leucineg	0.369	0		1		0.105	0.627	
Lysineg	0.353	0		1		0.100	0.600	
Methionineg	0.065	0		1		0.018	0.111	
Cystineg	0.073	0		1		0.021	0.124	
Phenylalanineg	0.258	0		1		0.073	0.439	
Tyrosineg	0.221	0		1		0.063	0.376	
Valineg	0.329	0		1		0.093	0.559	
Arginineg	0.272	0		1		0.077	0.462	
Histidineg	0.125	0		1		0.035	0.213	
Alanineg	0.202	0		1		0.057	0.343	
Aspartic acidg	1.134	0		1		0.321	1.928	
Glutamic acidg	0.939	0		1		0.266	1.596	
Glycineg	0.194	0		1		0.055	0.330	
Prolineg	0.204	0		1		0.058	0.347	
Serineg	0.230	0		1		0.065	0.391	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 170g: 1 can (6 oz)

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

NDB No. 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

Refuse:0%

		Am	ount in 1			ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Std. Erro		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	2.0	0	1		1		0.57	3.96	
Energy		547		0	NC	4		155	1083	
Energy	kJ	2289		0		4		649	4532	
Protein (N x 6.3)	g	6.6	0	1		1		1.87	13.07	
Total lipid (fat)	g	37.0	0	1		1		10.49	73.26	
Ash	g	3.1	0	1		1		0.88	6.14	
Carbohydrate, by difference	g	51.3	0	0	NC	4		14.54	101.57	
Fiber, total dietary	g	1.2		0		4		0.3	2.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	64		1		1		18	127	
Iron, Fe	mg	1.4	0	1		1		0.40	2.77	
Magnesium, Mg	mg	55		1		4		16	109	
Phosphorus, P	<u>.</u> mg	169		1		4		48	335	
Potassium, K	mg	496		1		4		141	982	
Sodium, Na	<u>m</u> g	541		0	T	4		153	1071	
Zinc, Zn	mg	0.7	1	1		4		0.20	1.41	
Copper, Cu	mg	0.0	63	1		4		0.018	0.125	
Manganese, Mn	mg	0.4	05	1		4		0.115	0.802	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.5		1		1		2.7	18.8	
Thiamin	mg	0.1	80	1		1		0.051	0.356	
Riboflavin		0.1	00	1		1		0.028	0.198	
Niacin	mg	2.5	00	1		1		0.709	4.950	
Pantothenic acid	mg	0.8	27	1		4		0.234	1.637	
Vitamin B-6	mg	0.4	76	1		4		0.135	0.942	
Folate, total	µg	23		1		4		7	46	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	23		1		4		7	46	
Folate, DFE	µg	23		0	NC	4		7	46	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.0	0	1		4		0.00	0.00	
Vitamin A, RAE	µg	323		0	NR	4		92	640	
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	JU	755		1		4		214	1495	
Lycopene										
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u> </u>	mount in 1	00 grams	of edib	le portic	Amount in edible portion of common			
			Number					easures of foo	
			Number		Caaa (Confidence	<u></u>	<u> </u>	<u></u>
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 9	470	0		1		2.685	18.751	
4:0		040	1		1		0.011	0.079	
6:0	g 0	020	1		1		0.006	0.040	
8:0	g 0	010	1		1		0.003	0.020	
10:0	g 0	030	1		1		0.009	0.059	
12:0	-	030	1		1		0.009	0.059	
13:0	-								
14:0	=	450	1		1		0.128	0.891	
15:0	=	770					0.000	15 205	
16:0	3	770	1		1		2.203	15.385	
17:0 18:0	=	140	1		1		0.323	2.257	
20:0	9	140	-		_		0.525	2.257	
22:0	=								
24:0	=								
Fatty acids, total monounsaturated	-	120	0		1		2.019	14.098	
14:1	g								
15:1	g								
16:1 undifferentiated	.g 0	360	1		1		0.102	0.713	
17:1	-								
18:1 undifferentiated		760	1		1		1.916	13.385	
20:1									
22:1 undifferentiated									
24:1 c		700	•				F 224	27 104	
Fatty acids, total polyunsaturated		780 430	0 1		1 1		5.324 5.225	37.184 36.491	
18:2 undifferentiated	.0	350	1		1		0.099	0.693	
18:4		330	-		_		0.033	0.093	
20:2 n-6 c.c.	=								
20:3 undifferentiated	=								
20:4 undifferentiated	.g								
20:5 n-3 (EPA)	g								
21:5	g								
22:4	•								
22:5 n-3 (DPA)	=								
22:6 n-3 (DHA)									
Fatty acids, total trans			1		1		1	6	
Phytosterols			_		_		-	O	
Amino Acids:	.·· ·9								
Tryptophan	.g 0	072	0		1		0.020	0.143	
Threonine		284	0		1		0.081	0.562	
Isoleucine	g 0	313	0		1		0.089	0.620	
Leucine	.g 0	485	0		1		0.137	0.960	
Lysine	•	437	0		1		0.124	0.865	
Methionine	•	102	0		1		0.029	0.202	
Cystine	•	076	0		1		0.022	0.150	
Phenylalanine	•	290	0		1		0.082	0.574	
Tyrosine	•	254	0		1		0.072	0.503	
Valine	.0	380 306	0		1 1		0.108 0.087	0.752	
Arginine	•	148	0		1		0.087	0.606 0.293	
HistidineAlanine	•	148 252	0		1		0.042	0.293	
Aspartic acid	.0	928	0		1		0.071	1.837	
Glutamic acid	•	100	0		1		0.312	2.178	
Glycine	•	206	0		1		0.058	0.408	
Proline	•	373	0		1		0.106	0.739	
Serine	•	291	0		1		0.082	0.576	
Hydroxyproline	•								
- · · · · · · · · · · · · · · · · · · ·									

Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 can (6.75 oz)

Calories Factors: Protein 3.3 Fat 8.8 Carbohydrate 3.9

Food Group: 25 Snacks

NDB No. 19809 Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Refuse:0%

Nutrients and Units Number of Data Deriv Source Confidence Source Confidence Nutrients and Units Nutrients N	
Nutrients and Units	2 Measure:
Nutrients and Units	2 Measure
Water	
Maler.	
Energy	
Energy	
Protein (N s 6.25)	
Total lipid (fat)	
Ash	
Carbohydrate, by difference	
Fiber, rotal dietary	
Sugars, total	
Minerals:	
Minerals: Calcium, Ca. mg 24 0.518 223 1 7 54 Iron, Fe. mg 1.63 0.028 248 1 0.466 3.7 Magnesium, Mg. mg 67 0.605 240 1 19 152 Phosphorus, P. mg 165 2.256 237 1 47 375 Potassium, K. mg 1275 11.564 234 1 361 2894 Sodium, Na. mg 594 9.375 251 1 168 1348 Zinc, Zn. mg 1.09 0.048 88 1 0.31 2.4 Copper, Cu. mg 0.306 0.009 218 1 0.087 0.6 Manganesce, Mm. mg 0.400 0.010 210 1 0.125 0.9 Selenium, Sc. µg 8.1 1 0.28 1 1 8.8 70.2 1 0.12	
Calcium, Ca. "mg 24 0.518 223 1 7 54 Iron, Fe. "mg 1.63 0.028 248 1 0.46 3.7 Magnesium, Mg. "mg 67 0.605 240 1 19 152 Phosphorus, P. "mg 165 2.256 237 1 47 375 Potassium, K. "mg 1275 11.564 234 1 361 2994 Sodium, Na. "mg 594 9.375 251 1 168 1348 Zinc, Zn. "mg 1.09 0.048 8 1 0.31 2.4 Copper, Cu. "mg 0.306 0.009 218 1 0.087 0.6 Manganese, Mn. "mg 0.344 0.010 210 1 0.087 0.9 Sclenium, Se "Jg 8.1 0 0.127 4 2.3 18.4 Vitamins C. "Jg	
Iron, Fe. mg 1.63 0.028 248 1 0.46 3.7 Magnesium, Mg. mg 67 0.605 240 1 19 152 Phosphorus, P. mg 165 2.256 237 1 47 375 Potassium, K. mg 1275 11.564 234 1 361 2894 Sodium, Na. mg 594 9.375 251 1 168 1348 Zinc, Zn. mg 1.09 0.048 8 1 0.31 2.4 Copper, Cu. mg 0.306 0.009 218 1 0.087 0.6 Manganese, Mn. mg 0.340 0.010 210 1 0.025 0.9 Sclenium, Se. µg 8.1 1 0 8.8 7 0.6 Manganese, Mn. mg 0.31 1 8.8 1 0.125 0.9 Sclenium, Se. µg 8.1	
Magnesium, Mg. mg 67 0.605 240 1 19 152 Phosphorus, P. mg 165 2.256 237 1 47 375 Potassium, K. mg 1275 11.564 234 1 361 2894 Sodium, Na. mg 594 9.375 251 1 168 1348 Zinc, Zn. mg 1.09 0.048 88 1 0.087 0.6 Manganese, Mn. mg 0.306 0.009 218 1 0.087 0.6 Manganese, Mn. mg 0.440 0.010 210 1 0.125 0.9 Selenium, Se. µg 8.1 1 BFZN 4 2.3 18.4 Vitamin C. total ascorbic acid. mg 31.1 1.498 93 1 8.8 8 70.6 Thiamin. mg 0.167 0.008 125 1 0.047 0.2 Riboda	.
Phosphorus, P. mg 165 2.256 237 1 47 375 Potassium, K. mg 1275 11.564 234 1 361 2894 Sodium, Na mg 594 9.375 251 1 168 1348 Zinc, Zn. mg 1.09 0.048 88 1 0.31 2.4 Copper, Cu. mg 0.306 0.009 218 1 0.087 0.6 Manganese, Mn mg 0.440 0.010 210 1 0.125 0.9 Selenium, Se. µg 8.1 0.009 218 1 0.087 0.6 Selenium, Se. µg 0.340 0.010 210 1 0.125 0.9 Selenium, Se. µg 0.340 0.010 21 1 0.087 0.9 Selenium, Se. µg 0.141 0.010 1 1 0.040 0.0 0.0 0.0 0.0 0.0	,
Potassium, K. mg 1275 11.564 234 1 361 2894 Sodium, Na. mg 594 9.375 251 1 168 1348 Zinc, Zn. mg 1.09 0.048 88 1 0.31 2.4 Copper, Cu. mg 0.306 0.099 218 1 0.087 0.6 Manganese, Mn. mg 0.440 0.010 210 1 0.125 0.9 Selenium, Se. µg 8.1 0.010 210 1 0.125 0.9 Selenium, Se. µg 8.1 0.010 210 1 0.125 0.9 Selenium, Se. µg 8.1 0.010 210 1 0.125 0.9 Selenium, Se. µg 0.410 0.00 125 1 0.047 0.3 Selenium, Se. µg 0.167 0.008 125 1 0.047 0.3 Risolation. mg	
Sodium, Na. mg 594 9.375 251 1 168 1348 Zinc, Zn. mg 1.09 0.048 88 1 0.31 2.4 Copper, Cu. mg 0.306 0.09 218 1 0.087 0.6 Manganese, Mn. mg 0.440 0.010 210 1 0.125 0.9 Selenium, Se. µg 8.1 0.08 BFZN 4 2.3 18.4 Vitamins: Vitamins, Collad ascorbic acid. mg 31.1 1.498 93 1 8.8 70.6 Thiamin. mg 0.167 0.008 125 1 0.047 0.3 Riboflavin. mg 0.167 0.008 125 1 0.047 0.3 Riboflavin. mg 0.197 0.013 122 1 0.056 0.4 Niacin. mg 0.402 0.031 22 1 0.114 0.	
Zinc, Zn	
Copper, Cu mg 0.306 0.009 218 1 0.087 0.6 Manganese, Mn mg 0.440 0.010 210 1 0.125 0.9 Selenium, Se µg 8.1 0 BFZN 4 2.3 18.4 Vitamins: Vitamin C, total ascorbic acid mg 31.1 1.498 93 1 8.8 70.6 Thiamin mg 0.167 0.008 125 1 0.047 0.3 Riboflavin mg 0.197 0.013 122 1 0.056 0.4 Niacin mg 0.197 0.013 122 1 0.056 0.4 Niacin mg 0.402 0.031 124 1 1.085 8.6 Pantothenic acid mg 0.402 0.031 24 1 0.187 1.4 Folate, beta µg 45 0.735 24 1 13 102 <tr< td=""><td>,</td></tr<>	,
Manganese, Mn mg 0.440 0.010 210 1 0.125 0.9 Selenium, Se µg 8.1 0 BFZN 4 2.3 18.4 Vitamins. Vitamins. Vitamins. mg 31.1 1.498 93 1 8.8 70.6 Thiamin. mg 0.167 0.008 125 1 0.047 0.3 Riboflavin. mg 0.197 0.013 122 1 0.056 0.4 Niacin. mg 0.197 0.013 122 1 0.056 0.4 Niacin. mg 0.197 0.013 122 1 0.056 0.4 Niacin. mg 0.402 0.013 129 1 1.085 8.6 Pantothenic acid. mg 0.402 0.031 24 1 0.114 0.9 Vitamin B-6. mg 0.660 0.029 73 1	
Sclenium, Sc.	
Vitamin S: Vitamin C, total ascorbic acid. mg 31.1 1.498 93 1 8.8 70.6 Thiamin. mg 0.167 0.008 125 1 0.047 0.3 Riboflavin. mg 0.197 0.013 122 1 0.056 0.4 Niacin. mg 0.197 0.133 129 1 1.085 8.6 Pantothenic acid. mg 0.402 0.031 24 1 0.114 0.9 Vitamin B-6. mg 0.660 0.029 73 1 0.187 1.4 Folate, total. µg 45 0.735 24 1 13 102 Folate, food. µg 45 0.735 24 1 13 102 Folate, DFE. µg 45 0.735 24 1 13 102 Choline, total. mg 8 0 NC 4 1 13 102	-
Vitamin C, total ascorbic acid	
Thiamin	
Riboflavin mg 0.197 0.013 122 1 0.056 0.4 Niacin mg 3.827 0.133 129 1 1.085 8.6 Pantothenic acid mg 0.402 0.031 24 1 0.114 0.9 Vitamin B-6 mg 0.660 0.029 73 1 0.187 1.4 Folate, total µg 45 0.735 24 1 13 13 102 Folicacid µg 45 0.735 24 1 13 13 102 Folate, food µg 45 0.735 24 1 13 13 102 Folate, DFE µg 45 0.735 24 1 13 13 102 Choline, total mg Betaine mg Vitamin B-12 µg Vitamin B-12 µg Vitamin A, RAE µg 0 0 0 0 NC 4 0 0 0 Retinol µg 0 0 0 0 0 0 0 Retinol µg 0 0 0 0 0 0 Carotene, beta µg Carotene, beta µg Caryptoxanthin, beta µg Vitamin A, IU	70
Niacin mg 3.827 0.133 129 1 1.085 8.6 Pantothenic acid mg 0.402 0.031 24 1 0.114 0.9 Vitamin B-6 mg 0.660 0.029 73 1 0.187 1.4 Folate, total µg 45 0.735 24 1 13 102 Folate, food µg 45 0.735 24 1 13 102 Folate, DFE µg 45 0.735 24 1 13 102 Folate, DFE µg 45 0.735 24 1 13 102 Folate, DFE µg 45 0.735 24 1 13 102 Choline, total mg 8 </td <td></td>	
Pantothenic acid.	
Vitamin B-6. mg 0.660 0.029 73 1 0.187 1.4 Folate, total. µg 45 0.735 24 1 13 102 Folic acid. µg 0 0 Z 7 0 0 0 Folate, food. µg 45 0.735 24 1 13 102 Folate, DFE. µg 45 0 NC 4 13 102 Choline, total. mg 8 9 9 9 9 9 9 9 9 9 9	
Folate, total	
Folic acid	
Folate, food.	
Folate, DFE.	
Choline, total	
Betaine	
Vitamin A, RAE. µg 0 0 NC 4 0 0 Retinol. µg 0 0 z 7 0 0 Carotene, beta. µg 0 z 7 0 0 Carotene, alpha. µg 0 0 0 0 0 0 0 Vitamin A, IU. N 0 0 0 0 0 0 0 0	
Retinol	
Carotene, beta	
Carotene, alphaµg Cryptoxanthin, betaµg Vitamin A, IU	
Cryptoxanthin, beta	
Vitamin A, IU	
· · · · · · · · · · · · · · · · ·	
Lyraneana	
Lycopene	
Lutein + zeaxanthin	
Vitamin E (alpha-tocopherol)mg	
Tocopherol, betamg	
Tocopherol, gammamg	
Tocopherol, deltamg	
Tocotrienol, alphamg	
Tocotrienol, betamg	
Tocotrienol, gammamg	
Tocotrienol, deltamg	
Vitamin D (D2 + D3)	
Vitamin K (phylloquinone)µ9	
Dihydrophylloquinone	

	<u>Am o</u>		of edible portion		Amount in edible portion of common measures of food				
		Num ber							
Nutrients and Units	Mean S	of Data td. Error Points	Deriv Source Co Code Code	nfidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated	g 5.430	0	1		1.539	12.326			
4:0									
6:0	=								
8:0	=								
10:0 12:0	=								
13:0	=								
14:0	=								
15:0	=								
16:0	=	1	1		1.125	9.012			
17:0	g								
18:0	g 1.460	1	1		0.414	3.314			
20:0	•								
22:0	•								
24:0	•	•				40.000			
Fatty acids, total monounsaturated		0	1		5.103	40.860			
14:1 15:1	•								
16:1 undifferentiated	•								
17:1	•								
18:1 undifferentiated	-	1	1		5.083	40.701			
20:1	g 0.070	1	1		0.020	0.159			
22:1 undifferentiated	g								
24:1 c									
Fatty acids, total polyunsaturated		0	1		2.597	20.793			
18:2 undifferentiated		1	1		2.523	20.203			
18:3 undifferentiated	-	1	1		0.074	0.590			
18:4	=								
20:2 n-6 c,c 20:3 undifferentiated	=								
20:4 undifferentiated	=								
20:5 n-3 (EPA)	=								
21:5	-								
22:4	g								
22:5 n-3 (DPA)	g								
22:6 n-3 (DHA)									
Fatty acids, total trans	=								
Cholesterol	-	0.000 24	1		0	0			
Phytosterols	mg								
Amino Acids:									
Tryptophan		0	1		0.031	0.245			
Threonine	-		1		0.072	0.574			
Isoleucine			1		0.080	0.642			
Leucine	=	0	1		0.119	0.951			
Lysine	=		1		0.120	0.962			
Methionine	-	0	1		0.031	0.250			
Cystine	=	0	1 1		0.025	0.202			
Phenylalanine		0	1		0.088 0.073	0.704 0.588			
TyrosineValine	•		1		0.111	0.890			
Arginine	•	0	1		0.091	0.729			
Histidine	•	0	1		0.043	0.347			
Alanine	•		1		0.061	0.486			
Aspartic acid	•		1		0.484	3.873			
Glutamic acid	•	0	1		0.332	2.656			
Glycine	g 0.207	0	1		0.059	0.470			
Proline		0	1		0.071	0.570			
Serine		0	1		0.086	0.688			
Hydroxyproline	9								

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

NDB No. 19810 Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Refuse:0%

		Amou	nt in 100 gran	is of edi	ble portion	Amount in edible portion of common			
			Num b	er		measures of food			
					Source Confidence				
Nutrients and Ur	nits	Mean Sto	I. Error Point		Code Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	1.90	0.053 19	1	1	0.54	4.31		
Energy	_	536	0.033		4	152	1217		
Energy		2243		110	4	636	5091		
Protein (N x 6.25)		7.00	0.122 14	.5	1	1.98	15.89		
Total lipid (fat)		34.60	0.248 15		1	9.81	78.54		
Ash	-	3.60	0.068 15		1	1.02	8.17		
	-	52.90	0.000 1		4	15.00	120.08		
Carbohydrate, by difference		4.8	C		4	1.4	120.08		
Fiber, total dietary		1.0			7	1.1	10.9		
Sugars, total	-								
Starch	y								
Minerals:									
Calcium, Ca		24	0.518 22		1	7	54		
Iron, Fe	_	1.63	0.028 24		1	0.46	3.70		
Magnesium, Mg		67	0.605 24		1	19	152		
Phosphorus, P	_	165	2.256 23		1	47	375		
Potassium, K	_	1275	11.564 23		1	361	2894		
Sodium, Na		8	0		1	2	18		
Zinc, Zn	_	1.09	0.048 8		1	0.31	2.47		
Copper, Cu	_	0.306	0.009 21		1	0.087	0.695		
Manganese, Mn		0.440	0.010 21		1	0.125	0.999		
Selenium, Se	µg	8.1	0	BFZN	4	2.3	18.4		
Vitamins:									
Vitamin C, total ascorbic acid	mg	31.1	1.498 9	3	1	8.8	70.6		
Thiamin	mg	0.167	0.008 12	5	1	0.047	0.379		
Riboflavin	mg	0.197	0.013 12	2	1	0.056	0.447		
Niacin	mg	3.827	0.133 12	9	1	1.085	8.687		
Pantothenic acid	mg	0.402	0.031 2		1	0.114	0.913		
Vitamin B-6	_	0.660	0.029 7		1	0.187	1.498		
Folate, total		45	0.735 2		1	13	102		
Folic acid		0	0		7	0	0		
Folate, food		45	0.735 2		1	13	102		
Folate, DFE		45	0	NC	4	13	102		
Choline, total	_								
Betaine	_								
Vitamin B-12		•			4	•	•		
Vitamin A, RAE		0	0	NC Z	<u>4</u> 7	0	0		
Retinol Carotene, beta		U	U	Z	7	U	U		
,									
Carotene, alpha Cryptoxanthin, beta									
Vitamin A, IU		0	0.000 5		1	0	0		
Lycopene		v	0.000		-	Ü	U		
LycopeneLutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone	µg								

	<u>Am ount</u>	in 100 grams of edi Number	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. E	of Data Deriv _{Error} Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	5.430	0	1	1.539	12.326	
4:0g 6:0g						
8:0g						
10:0g 12:0g						
13:0g						
14:0g						
15:0g 16:0g	3.970	1	1	1.125	9.012	
17:0g						
18:0g	1.460	1	1	0.414	3.314	
20:0g 22:0g						
24:0g						
Fatty acids, total monounsaturatedg 14:1g	18.000	0	1	5.103	40.860	
15:1g						
16:1 undifferentiatedg						
17:1g 18:1 undifferentiatedg	17.930	1	1	5.083	40.701	
20:1g	0.070	1	1	0.020	0.159	
22:1 undifferentiated						
24:1 cg Fatty acids, total polyunsaturatedg	9.160	0	1	2.597	20.793	
18:2 undifferentiatedg	8.900	1	1	2.523	20.203	
18:3 undifferentiated	0.260	1	1	0.074	0.590	
18:4						
20:3 undifferentiatedg						
20:4 undifferentiated						
20:5 fi-5 (EPA)g 21:5g						
22:4g						
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g						
Fatty acids, total transg						
Cholesterolmg	0	0.000 24	1	0	0	
Phytosterolsmg						
Amino Acids:	0.100	0	1	0.031	0.245	
Tryptophang Threonineg	0.108 0.253	0	1	0.031	0.243	
Isoleucineg	0.283	0	1	0.080	0.642	
Leucineg	0.419	0	1 1	0.119	0.951	
Lysineg Methionineg	0.424 0.110	0	1	0.120 0.031	0.962 0.250	
Cystineg	0.089	0	1	0.025	0.202	
Phenylalanineg	0.310	0	1	0.088	0.704	
Tyrosineg Valineg	0.259 0.392	0	1 1	0.073 0.111	0.588 0.890	
Arginineg	0.321	0	1	0.091	0.729	
Histidineg	0.153	0	1	0.043	0.347	
Alanine	0.214 1.706	0	1	0.061 0.484	0.486 3.873	
Glutamic acidg	1.170	0	1	0.332	2.656	
Glycineg	0.207	0	1	0.059	0.470	
Proline	0.251 0.303	0	1	0.071 0.086	0.570 0.688	
Hydroxyprolineg	0.505	·	-	0.000	0.000	

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		<u>Am our</u>	nt in 100 gr	rams	Amount in edible portion of common						
			Nun	nber	r			measures of food			
						Source Co	nfidence				
Nutrients and	Units	Mean Std	l. Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.86	0.049	17	A	1		0.52	0.52	0.53	
Energy	kcal	532		0	NC	4		149	149	151	
Energy	kJ	2227		0	NC	4		624	624	631	
Protein (N x 6.25)	g	6.39	0.212	17	A	1		1.79	1.79	1.81	
Total lipid (fat)	g	33.98	0.588	17	A	1		9.52	9.52	9.63	
Ash	g	3.94	0.047	17	A	1		1.10	1.10	1.12	
Carbohydrate, by difference	g	53.83		0	NC	4		15.07	15.07	15.26	
Fiber, total dietary	g	3.1	0.074	9	A	1		0.9	0.9	0.9	
Sugars, total		0.33	0.025	9	A	1		0.09	0.09	0.09	
Sucrose		0.33	0.025	9	A	1		0.09	0.09	0.09	
Glucose (dextrose)		0.00	0.000	9	A	1		0.00	0.00	0.00	
Fructose		0.00	0.000	9	A	1		0.00	0.00	0.00	
Lactose	g	0.00	0.000	9	A	1		0.00	0.00	0.00	
Maltose		0.00	0.000	9	A	1		0.00	0.00	0.00	
Galactose		0.00	0.000	9	A	1		0.00	0.00	0.00	
Starch											
Minerals:											
Calcium, Ca	mg	21	0.914	17	A	1		6	6	6	
Iron, Fe	mg	1.28	0.050	17	A	1		0.36	0.36	0.36	
Magnesium, Mg	mg	63	1.103	17	A	1		18	18	18	
Phosphorus, P	mg	153	4.440	17	A	1		43	43	44	
Potassium, K	mg	1196	23.286	17	A	1		335	335	339	
Sodium, Na	mg	527	16.657	17	A	1		147	147	149	
Zinc, Zn	mg	1.09	0.065	17	A	1		0.30	0.30	0.31	
Copper, Cu	mg	0.234	0.028	17	A	1		0.065	0.065	0.06	
Manganese, Mn	mg	0.430	0.023	17	A	1		0.120	0.120	0.12	
Selenium, Se	µg	2.5	0.752	9	A	1		0.7	0.7	0.7	
Vitamins:		21.6		•		8					
Vitamin C, total ascorbic acid	_	0.213	0.023	0 9	LC A	1		6.0 0.060	6.0 0.060	6.1 0.06	
Thiamin	_	0.213	0.023	9	A	1					
Riboflavin	-	4.762	0.003	9	A	1		0.025 1.333	0.025 1.333	0.02	
Niacin Pantothenic acid	_	0.956	0.267	6	A	1		0.268	0.268	1.35 0.27	
Vitamin B-6	•	0.531	0.018	9	A	1		0.149	0.149	0.27	
Folate, total		29	3.413	9	A	1		8	8	8	
Folic acid		0	3.413	0	Z	7		0	0	0	
Folate, food		29		0	NR	4		8	8	8	
Folate, DFE		29		0	NC	4		8	8	8	
Choline, total		12.1		0	AS	1		3.4	3.4	3.4	
Betaine	-	0.2		1	A	1		0.0	0.0	0.0	
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.00		1		4		0.00	0.00	0.00	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Carotene, beta		0		0	0	4		0	0	0	
Carotene, alpha		0		0	0	4		0	0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	0	
Vitamin A, IU		0	0.000	5	_	1		0	0	0	
Lycopene		0	3.000	0	z	7		Ö	0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		10.45	0.702		A	1		2.93	2.93	2.96	
Vitamin E, added		0.00	3.,02	0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.24	0.045	9	A	1		0.07	0.07	0.07	
Tocopherol, gamma		10.83	1.869	9	A	1		3.03	3.03	3.07	
Tocopherol, delta		0.17	0.075	9	A	1		0.05	0.05	0.05	
Tocotrienol, alpha		0.09	0.030	9	A	1		0.03	0.03	0.03	
Tocotrienol, beta		0.01	0.007		A	1		0.00	0.00	0.00	

	<u>An</u>	Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food			
Modellands and Halfe		Std. Er	of I	Data	Deriv	Source (Confidence Code			_		
Nutrients and Units	Mean	Std. Er	ror Fo	IIIIS	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Tocotrienol, gammamg			0.030	9	A	1		0.01	0.01	0.01		
Tocotrienol, deltamg	0.0		0.000	9 0	A Z	1 7		0.00 0.0	0.00	0.00		
Vitamin D (D2 + D3)µg Vitamin D2 (ergocalciferol)µg	0.0			U	Z	,		0.0	0.0	0.0		
Vitamin D3 (cholecalciferol)µg												
Vitamin DIU	0			0	Z	7		0	0	0		
Vitamin K (phylloquinone)µg	22.1			2	A	1		6.2	6.2	6.3		
Dihydrophylloquinone												
Menaquinone-4µg												
<u>Lipids:</u>												
Fatty acids, total saturatedg	3.4 0.0		0.000	0 9	NC A	4 1		0.952 0.000	0.952 0.000	0.964 0.000		
4:0g 6:0g	0.0		0.000	9	A	1		0.000	0.000	0.000		
8:0g	0.0		0.000	9	A	1		0.001	0.001	0.001		
10:0g	0.0	01	0.001	9	A	1		0.000	0.000	0.000		
12:0g	0.0	00	0.000	9	A	1		0.000	0.000	0.000		
13:0g												
14:0g	0.0		0.006	9	A	1		0.012	0.012	0.012		
15:0g	0.0 2.1		0.000	9	A A	1 1		0.002	0.002	0.002 0.612		
16:0g 17:0g	0.0		0.001	9 9	A	1		0.604 0.005	0.604 0.005	0.012		
18:0g	0.8		0.068	9	A	1		0.224	0.224	0.227		
20:0g	0.1		0.013	9	A	1		0.043	0.043	0.043		
22:0g	0.1	48	0.025	9	A	1		0.041	0.041	0.042		
24:0g	0.0	69	0.005	9	A	1		0.019	0.019	0.020		
Fatty acids, total monounsaturatedg	18.9			0	NC	4		5.310	5.310	5.376		
14:1g	0.0		0.000	9	A	1		0.000	0.000	0.000		
15:1g	0.0		0.000	9 9	A As	1 1		0.000 0.019	0.000 0.019	0.000 0.020		
16:1 undifferentiated	0.0		0.006	9	AS A	1		0.019	0.019	0.020		
16:1 tg	0.0		0.000	9	A	1		0.000	0.000	0.000		
17:1g	0.0	20	0.002	9	A	1		0.006	0.006	0.006		
18:1 undifferentiatedg	18.6	00	0.445	9	AS	1		5.208	5.208	5.273		
18:1 cg	18.5		0.444	9	A	1		5.202	5.202	5.267		
18:1 tg	0.0	21	0.001	9	A	1		0.006	0.006	0.006		
18:1-11 t (18:1t n-7)	0.2	12	0.039	9	A	1		0.068	0.068	0.069		
22:1 undifferentiated	0.0		0.005	9	AS	1		0.003	0.003	0.003		
22:1 cg	0.0		0.005		A	1		0.003	0.003	0.003		
22:1 tg	0.0	00	0.000	9	A	1		0.000	0.000	0.000		
24:1 cg	0.0	21	0.004	9	A	1		0.006	0.006	0.006		
Fatty acids, total polyunsaturatedg	8.2			0	NC	4		2.319	2.319	2.348		
18:2 undifferentiated	7.9		0.462	9	AS	1 1		2.213	2.213	2.241		
18:2 n-6 c,cg 18:2 CLAsg	7.8		0.457 0.002	9	A A	1		2.189 0.006	2.189 0.006	2.216 0.006		
18:2 t.t				-		_		0.000	0.000	******		
18:2 ig												
18:2 t not further definedg	0.0	63	0.008	9	A	1		0.018	0.018	0.018		
18:3 undifferentiatedg	0.3		0.063	9	AS	1		0.100	0.100	0.102		
18:3 n-3 c,c,c (ALA)g	0.3		0.060	9	A	1		0.095	0.095	0.097		
18:3 n-6 c,c,c	0.0		0.003	9 9	A A	1 1		0.005 0.000	0.005 0.000	0.005 0.000		
18:4g	0.0		0.000	9	A	1		0.000	0.000	0.000		
20:2 n-6 c,cg	0.0		0.001	9	A	1		0.002	0.002	0.002		
20:3 undifferentiatedg	0.0		0.000	9	AS	1		0.000	0.000	0.000		
20:3 n-3g	0.0		0.000	9	A	1		0.000	0.000	0.000		
20:3 n-6g	0.0		0.000	9	A	1		0.000	0.000	0.000		
20:4 undifferentiated	0.0	09	0.000	9	A	1		0.003	0.003	0.003		
20:4 n-6g 20:5 n-3 (EPA)g	0.0	01	0.000	9	A	1		0.000	0.000	0.000		
20.5 II-5 (EFA)	0.0		3.300	-	••	-		3.000	0.000	0.000		
22:4g	0.0	00	0.000	9	A	1		0.000	0.000	0.000		
22:5 n-3 (DPA)g	0.0	00	0.000	9	A	1		0.000	0.000	0.000		

	Amount in edible portion of common measures of food								
		Nu	mber				<u>m</u>	easures or roc	<u>ou</u>
		Of	Data	Deriv	Source	Confidence			
Nutrients and Units	Mean Sto	d. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total transg	0.084		0	NC	4		0.024	0.024	0.024
Fatty acids, total trans-monoenoicg	0.021		0	NC	4		0.006	0.006	0.006
Fatty acids, total trans-polyenoicg	0.063		0	NC	4		0.018	0.018	0.018
Cholesterolmg	0	0.000	24		1		0	0	0
Phytosterolsmg	181		0	FLA	4		51	51	51
Amino Acids:									
Tryptophang	0.108		0		1		0.030	0.030	0.031
Threonineg	0.253		0		1		0.071	0.071	0.072
Isoleucineg	0.283		0		1		0.079	0.079	0.080
Leucineg	0.419		0		1		0.117	0.117	0.119
Lysineg	0.424		0		1		0.119	0.119	0.120
Methionineg	0.110		0		1		0.031	0.031	0.031
Cystineg	0.089		0		1		0.025	0.025	0.025
Phenylalanineg	0.310		0		1		0.087	0.087	0.088
Tyrosineg	0.259		0		1		0.073	0.073	0.073
Valineg	0.392		0		1		0.110	0.110	0.111
Arginineg	0.321		0		1		0.090	0.090	0.091
Histidineg	0.153		0		1		0.043	0.043	0.043
Alanineg	0.214		0		1		0.060	0.060	0.061
Aspartic acidg	1.706		0		1		0.478	0.478	0.484
Glutamic acidg	1.170		0		1		0.328	0.328	0.332
Glycineg	0.207		0		1		0.058	0.058	0.059
Prolineg	0.251		0		1		0.070	0.070	0.071
Serineg	0.303		0		1		0.085	0.085	0.086
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0

Common Measures:

Measure 1 = 28g: 1 oz Measure 2 = 28g: 22 chips Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

		<u>Am o</u>	unt in 100 gr	ram s	Amount in edible portion of common						
			Nun	nber				measures of food			
						Source C	onfidonac			_	
	••										
Nutrients and Ur	nits	Mean S	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.90	0.053	191		1		0.54	4.31		
Energy	kcal	536		0	NC	4		152	1217		
Energy		2243		0		4		636	5091		
Protein (N x 6.25)		7.00	0.122	145		1		1.98	15.89		
Total lipid (fat)	g	34.60	0.248	158		1		9.81	78.54		
Ash	_	3.60	0.068	157		1		1.02	8.17		
Carbohydrate, by difference	-	52.90		0	NC	4		15.00	120.08		
Fiber, total dietary		4.8		0		4		1.4	10.9		
Sugars, total		0.22		0	0	4		0.06	0.50		
Starch											
Minerals:											
Calcium, Ca	mg	24	0.518	223		1		7	54		
Iron, Fe	mg	1.63	0.028	248		1		0.46	3.70		
Magnesium, Mg	mg	67	0.605			1		19	152		
Phosphorus, P		165	2.256			1		47	375		
Potassium, K	-	1275	11.564			1		361	2894		
Sodium, Na	-	8		0		1		2	18		
Zinc, Zn	-	1.09	0.048			1		0.31	2.47		
Copper, Cu		0.306				1		0.087	0.695		
Manganese, Mn	_	0.440	0.010			1		0.125	0.999		
Selenium, Se	µg	8.1		0	BFZN	4		2.3	18.4		
Vitamins:_											
Vitamin C, total ascorbic acid	mg	31.1	1.498	93		1		8.8	70.6		
Thiamin	mg	0.167	0.008	125		1		0.047	0.379		
Riboflavin	mg	0.197	0.013	122		1		0.056	0.447		
Niacin	mg	3.827				1		1.085	8.687		
Pantothenic acid	mg	0.402	0.031	24		1		0.114	0.913		
Vitamin B-6	_	0.660	0.029	73		1		0.187	1.498		
Folate, total	µg	45	0.735			1		13	102		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	45	0.735			1		13	102		
Folate, DFE		45		0	NC	4		13	102		
Choline, total		37.5		0	FLA	4		10.6	85.2		
Betaine	• • • • • • • • • • • • • • • • • • • •										
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Carotene, beta		0		0	Z	7		0	0		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		0		0	AS	1		0	0		
Lycopene		0		0	z z	7 7		0	0		
Lutein + zeaxanthin		-		-				0	0		
Vitamin E (alpha-tocopherol)	_	9.11		0	o z	4 7		2.58	20.68		
Vitamin E, added	_	0.00		U	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Tocotrienol, alpha	_										
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D (D2 + D3)		0.0		v	Z	, 7		0.0	0.0		
Vitamin D Vitamin K (phylloquinone)		22.1		0	0	4		6.3	50.2		
		22.1		J	U	-		0.5	50.2		
Dihydrophylloquinone											
Menaquinone-4	µg										

		Amount in 100 grams of edible portion								Amount in edible portion of common		
					Number				<u>m</u>	easures of foo	<u>)d</u>	
							Source	Confidence				
Nutrients and Units	M	ean	Std.	. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:												
Fatty acids, total saturated	ď	10.9	160		0		1		3.107	24.879		
4:0	-	0.0			0		4		0.000	0.000		
6:0	•	0.0			0		4		0.000	0.000		
8:0	0	0.0			0		4		0.000	0.000		
10:0	-	0.0	00		31		1		0.000	0.000		
12:0	g	0.0	080		31		1		0.023	0.182		
13:0	-											
14:0	-	0.3	800		31		1		0.085	0.681		
15:0	-						_					
16:0	-	9.3	320		31		1		2.642	21.156		
17:0 18:0	-	1.1	10		31		1		0.315	2.520		
20:0		1.1	.10		31		_		0.313	2.520		
22:0	-											
24:0	-											
Fatty acids, total monounsaturated		9.8	40		0		1		2.790	22.337		
14:1	g											
15:1	-											
16:1 undifferentiated		0.1	.80		31		1		0.051	0.409		
17:1							_					
18:1 undifferentiated		9.5			31 31		1 1		2.696	21.588		
20:1 22:1 undifferentiated		0.1			31		4		0.043 0.000	0.341 0.000		
24:1 c	-	0.0	100		U		4		0.000	0.000		
Fatty acids, total polyunsaturated	-	12.1	70		0		1		3.450	27.626		
18:2 undifferentiated		11.9			31		1		3.396	27.195		
18:3 undifferentiated	-	0.1	.90		31		1		0.054	0.431		
18:4	g	0.0	00		0		4		0.000	0.000		
20:2 n-6 c,c	g											
20:3 undifferentiated												
20:4 undifferentiated		0.0			0		4		0.000	0.000		
20:5 n-3 (EPA)		0.0	000		0		4		0.000	0.000		
21:5	-											
22:4 22:5 n-3 (DPA)	-	0.0			0		4		0.000	0.000		
22:5 n-3 (DPA)		0.0			0		4		0.000	0.000		
Fatty acids, total trans		0.0	,00		Ū		-		0.000	0.000		
Cholesterol	-	0		0.	000 24		1		0	0		
Phytosterols												
Amino Acids:	~	0 1	00		•		1		0 021	0.045		
Tryptophan Threonine		0.1			0		1 1		0.031 0.072	0.245 0.574		
Isoleucine	-	0.2			0		1		0.072	0.642		
Leucine		0.4			0		1		0.119	0.042		
Lysine		0.4			0		1		0.120	0.962		
Methionine		0.1			0		1		0.031	0.250		
Cystine	-	0.0	89		0		1		0.025	0.202		
Phenylalanine		0.3	10		0		1		0.088	0.704		
Tyrosine	g	0.2	259		0		1		0.073	0.588		
Valine	g	0.3	92		0		1		0.111	0.890		
Arginine	g	0.3			0		1		0.091	0.729		
Histidine		0.1			0		1		0.043	0.347		
Alanine	-	0.2			0		1		0.061	0.486		
Aspartic acid		1.7			0		1		0.484	3.873		
Glutamic acid		1.1			0		1		0.332	2.656		
Glycine		0.2			0		1 1		0.059	0.470		
Proline		0.2			0		1		0.071 0.086	0.570 0.688		
Serine	-	0.3	,03		U		1		0.086	0.000		
Others:												
Alcohol, ethyl	-	0.0)		0	_	7		0.0	0.0		
Caffeine	mg	0			0	Z	7		0	0		

Snacks, potato chips, plain, unsalted

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

		<u>Am</u>	ount in	100 gr	am s	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Num	ber				m	easures of fo	od	
							Source (Confidence			•	
Nutrients and U	Jnits	Mean	Std. Err				Code	Code	Measure 1	Measure 2	Measure	
Proximates:												
Water		1.0	0	0.075	5		1		0.28	1.70		
Energy		471			0	NC	4		134	801		
Energy	kJ	1971			0		4		559	3350		
Protein (N x 6.25)	g	7.1	0	0.260	5		1		2.01	12.07		
Total lipid (fat)	g	20.8	0	0.314	6		1		5.90	35.36		
Ash	-	4.1	0	0.264	5		1		1.16	6.97		
Carbohydrate, by difference	g	66.9	0		0	NC	4		18.97	113.73		
Fiber, total dietary	g	5.9			0		4		1.7	10.0		
Sugars, total	g	0.2	2		0	0	4		0.06	0.38		
Starch	g											
Minerals:												
Calcium, Ca	_	21	-		2		1		6	36		
Iron, Fe	•	1.3	5		2		1		0.38	2.30		
Magnesium, Mg	_	89			2		1		25	151		
Phosphorus, P	_	193 1744			2		1 1		55 494	328 2965		
Potassium, K Sodium, Na	-	1744 492			2		1		494 139	2965 836		
Zinc, Zn	_	0.0	7		1		4		0.02	0.12		
Copper, Cu	_	0.6			2		1		0.02	1.020		
Manganese, Mn		0.4			1		4		0.125	0.748		
Selenium, Se	_	8.1			0	BFZN	4		2.3	13.8		
•		312			·	22 211	-			2010		
Vitamins:												
Vitamin C, total ascorbic acid	_	25.7		2.768	3		1		7.3	43.7		
Thiamin	-	0.2			2		1		0.059	0.354		
Riboflavin	_	0.2			2		1		0.076	0.454		
Niacin	_	7.0			2		1		1.985	11.900		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.2			1		4		0.077	0.461		
Vitamin B-6	_	0.6	71		2		1		0.190	1.141		
Folate, total		27			1	_	4		8	46		
Folic acid	· -	0			0	Z	7		0	0		
Folate, food		27 27			0	NR	4 4		8	46		
Folate, DFE		45.1			0	NC NR	4		8 12.8	46		
Choline, total		45.1			U	NR	4		12.0	76.6		
Betaine	•	0.0	0		1		4		0.00	0.00		
Vitamin B-12, added		0.0			0	z	7		0.00	0.00		
Vitamin A, RAE		0.0	O		0	NC	4		0	0.00		
Retinol		0			0	7.	7		0	0		
Carotene, beta	· -	0			0	BFFN	4		0	0		
Carotene, alpha		0			0	BFFN	4		0	0		
Cryptoxanthin, beta		0			0	BFFN	4		0	0		
Vitamin A, IU		0			0	NC	4		0	0		
Lycopene		0			0	BFFN	4		0	0		
Lutein + zeaxanthin		0			0	BFFN	4		0	0		
Vitamin E (alpha-tocopherol)		5.4	7		0	BFFN	4		1.55	9.31		
Vitamin E, added		0.0			0	Z	7		0.00	0.00		
Tocopherol, beta		3.0			-	-	-					
Tocopherol, gamma	_											
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma	_											
Tocotrienol, delta												
Vitamin D (D2 + D3)		0.0			0	z	7		0.0	0.0		
Vitamin D		0			0	z	7		0	0		
Vitamin K (phylloquinone)		13.3			0	BFFN	4		3.8	22.5		
Dihydrophylloquinone												

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 4.160 0 1 1.179 7.072 4:0......g 0.000 0 1 0.000 0.000 6:0.....g 0.000 0 0.000 0.000 0 0.000 0.000 1 0.000 8:0.....g 10:0.....g 0.000 0 1 0.000 0.000 0.000 0 1 0.000 0.000 12:0.....g 13:0.....g 0.120 1 1 0.034 0.204 14:0......g 3.520 1 1 0.998 16·0 a 5.984 17:0.....g 0.510 1 0.145 0.867 18:0.....g 20:0.....g 24:0.....g 4.800 0 1 1.361 8.160 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.500 1 1 0.142 0.850 17:1.....g 1 1 18:1 undifferentiated......g 4.300 1.219 7.310 20:1.....g 0.000 0 1 0.000 0.000 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 10.940 0 1 3.101 18.598 10.750 3.048 18,275 18:2 undifferentiated....... 1 1 0.190 1 1 0.054 0.323 18:3 undifferentiated......g 18:4.....g 0.000 0 1 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 1 20:5 n-3 (EPA).....g 0.000 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Fatty acids, total trans......g Cholesterol....mg 4 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.111 0 0.031 0.189 1 0.260 0.074 Threonine.....g 0 1 0.442 Isoleucine.....g 0.291 0 1 0.082 0.495 0.122 Leucine.....g 0.430 0 1 0.731 0 Lysine.....g 0.435 1 0.123 0.740 Methionine.....g 0.113 0 1 0.032 0.192 Cystine.....g 0.092 0 1 0.026 0.156 0 0.090 0.541 Phenylalanine.....g 0.318 1 0.265 0 1 0.075 0.451 Tyrosine.....g 0 0.114 Valine.....g 0.403 1 0.685 0.329 0 1 0.559 Arginine.....g 0.093 Histidine.....g 0.157 0 1 0.045 0.267 0 1 0.062 Alanine.....g 0.220 0.374 Aspartic acid......g 1.750 0 1 0.496 2.975 0.340 2.040 1.200 0 1 Glutamic acid.....g 0.213 0 1 0.060 0.362 1 0.257 0 0.073 0.437 Proline.....g 0.311 1 0.088 0.529 Serine.....g 0 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 7 0.0 0.0 z Caffeine....mg

Snacks, potato chips, reduced fat

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 170g: 1 bag (6 oz)

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		<u>Am ou</u>	ınt in 100 gı	ram s	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			Nice	n ber					easures of fo		
						Source C	onfidence	_			
Nutrients and U	Inits	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure :	
nationio ana (mououro i	modouro 2	in ododi o v	
Proximates:											
Water	-	1.80	0.063			1		0.51	3.56		
Energy		531		0	NC	4		151	1051		
Energy		2222		0		4		630	4399		
Protein (N x 6.3)		8.10	0.201			1		2.30	16.04		
Total lipid (fat)		33.90	0.471			1		9.61	67.12		
Ash	-	4.70	0.079			1		1.33	9.31		
Carbohydrate, by difference		51.50		0	NC	4		14.60	101.97		
Fiber, total dietary		5.2		0		1		1.5	10.3		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	72	2.593	39		1		20	143		
Iron, Fe	mg	1.60	0.067	40		1		0.45	3.17		
Magnesium, Mg	mg	74	3.127	35		1		21	147		
Phosphorus, P	mg	176	7.568			1		50	348		
Potassium, K	-	1331	20.626			1		377	2635		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	549		0	T	4		156	1087		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.98	0.052			1		0.28	1.94		
Copper, Cu		0.299	0.025			1		0.085	0.592		
Manganese, Mn	• • • • • • • • • • • • • • • • • • • •	0.405	0.027			1		0.115	0.802		
Selenium, Se	µg	8.1		0	BFZN	4		2.3	16.0		
Vitamins:											
Vitamin C, total ascorbic acid	-	37.3	4.864			1		10.6	73.9		
Thiamin	-	0.189	0.010			1		0.054	0.374		
Riboflavin	-	0.200	0.010			1		0.057	0.396		
Niacin	-	4.029	0.172			1		1.142	7.977		
Pantothenic acid	-	0.827	0.017			1		0.234	1.637		
Vitamin B-6	-	0.665	0.057			1		0.189	1.317		
Folate, total		62 0	12.257	4 0		1 7		18	123		
Folic acid	· -		10 057		Z	1		0	0		
Folate, food		62 62	12.257	4 0	NC	4		18 18	123 123		
Folate, DFE		02		U	NC	4		10	123		
Choline, total	-										
Betaine Vitamin B-12		1.00		1		4		0.28	1.98		
Vitamin A. RAE		14		0	NC	4		4	27		
Retinol		6		0	NR NR	4		2	12		
Carotene, beta		90		0	NR	4		26	178		
Carotene, alpha		50		Ū	1410	*		20	170		
Cryptoxanthin, beta											
Vitamin A, IU		170		0	NC	4		48	337		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)	µg										
Vitamin D	IU										

	Α	mount in 1	00 grams		dible portion of easures of foo		
Nutrients and Units	Mean	Std. Erro		 ource Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 8.	890	0	1	2.520	17.602	
4:0	g 0.	010	2	1	0.003	0.020	
6:0	g 0.	010	2	1	0.003	0.020	
8:0	g 0.	000	2	1	0.000	0.000	
10:0	g 0.	010	2	1	0.003	0.020	
12:0	•	010	2	1	0.003	0.020	
13:0							
14:0		300	2	1	0.085	0.594	
15:0	=						
16:0	9	730	2	1	2.191	15.305	
17:0	=			_			
18:0	•	820	2	1	0.232	1.624	
20:0 22:0	=						
24:0	-						
Fatty acids, total monounsaturated	•	120	0	1	1.735	12.118	
14:1			•	_	1.755	12.110	
15:1	•						
16:1 undifferentiated	•	280	2	1	0.079	0.554	
17:1	g						
18:1 undifferentiated	g 5.	840	2	1	1.656	11.563	
20:1	g 0.	000	2	1	0.000	0.000	
22:1 undifferentiated	g						
24:1 c							
Fatty acids, total polyunsaturated	g 17.	420	0	1	4.939	34.492	
18:2 undifferentiated		340	2	1	4.916	34.333	
18:3 undifferentiated		080	2	1	0.023	0.158	
18:4	=						
20:2 n-6 c,c	=						
20:3 undifferentiated	=						
20:4 undifferentiated 20:5 n-3 (EPA)	=						
20:5 II-5 (EPA)	-						
22:4	-						
22:5 n-3 (DPA)	•						
22:6 n-3 (DHA)	=						
Fatty acids, total trans							
Cholesterol	mg 7	(.992 5	1	2	14	
Phytosterols	mg						
Amino Acids:							
	α 0	118	0	1	0.033	0.234	
TryptophanThreonine	•	425	0	1	0.033	0.234	
Isoleucine	•	403	0	1	0.114	0.798	
Leucine	•	655	0	1	0.186	1.297	
Lysine		576	0	1	0.163	1.140	
Methionine		141	0	1	0.040	0.279	
Cystine	•	129	0	1	0.037	0.255	
Phenylalanine	•	272	0	1	0.077	0.539	
Tyrosine		238	0	1	0.067	0.471	
Valine		421	0	1	0.119	0.834	
Arginine	g 0.	256	0	1	0.073	0.507	
Histidine	g 0.	151	0	1	0.043	0.299	
Alanine	g 0.	327	0	1	0.093	0.647	
Aspartic acid	•	898	0	1	0.255	1.778	
Glutamic acid	•	321	0	1	0.375	2.616	
Glycine	•	182	0	1	0.052	0.360	
Proline	•	462	0	1	0.131	0.915	
Serine	•	362	0	1	0.103	0.717	
Hydroxyproline	g						

Snacks, potato chips, sour-cream-and-onion-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Fat 8.8 Calories Factors: Protein 3.9 Carbohydrate 3.9

Food Group: 25 Snacks

Refuse:0%

		Amount II	100 grams	oreall	vie portion	•	Amount in edible portion of common			
			Number				<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source Co	onfidence				
Nutrients and Un	its	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	1.40	1		12		0.48	0.17		
Energy	kcal	469	0	NC	4		160	56		
Energy	kJ	1964	0	NC	4		668	236		
Protein	g	5.00	1		12		1.70	0.60		
Total lipid (fat)	g	18.20	1		12		6.19	2.18		
Ash	g	3.98	1	MC	9		1.35	0.48		
Carbohydrate, by difference	g	71.40	1		4		24.28	8.57		
Fiber, total dietary	g	4.8	1		12		1.6	0.6		
Sugars, total	g	5.01	0	FLA	4		1.70	0.60		
Starch										
3.47 1										
Minerals:		105	_		1.0		4.5			
Calcium, Ca	_	125	1		12		43	15		
Iron, Fe	_	0.80 43	1 1		12 12		0.27 15	0.10 5		
Magnesium, Mg		43 274	1		12		93	33		
Phosphorus, P Potassium, K		721	1		12		245	87		
Sodium, Na	_	554	0	NR	4		188	66		
Zinc, Zn	_	0.45	1	1410	12		0.15	0.05		
Copper, Cu	_	0.104	1		12		0.035	0.012		
Manganese, Mn		*****	_				******	******		
Selenium, Se	_	8.1	1	BFZN	4		2.8	1.0		
*										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0	1		12		0.0	0.0		
Thiamin		0.340	1		12		0.116	0.041		
Riboflavin	_	0.070	1		12		0.024	0.008		
Niacin	_	4.090	1		12		1.391	0.491		
Pantothenic acid	_		_							
Vitamin B-6	_	0.510	1		12		0.173	0.061		
Folate, total		0	1	_	4		0	0		
Folic acid		0 0	0 1	Z	7 4		0	0		
Folate, food		0	0	NC	4		0	0		
Folate, DFE		31.6	0	FLA	4		ŭ	-		
Choline, total		31.0	U	FLA	4		10.8	3.8		
Betaine Vitamin B-12	_	0.00	1		4		0.00	0.00		
Vitamin B-12, added		0.00	0	z	7		0.00	0.00		
Vitamin A, RAE		0	0	NC	4		0	0.00		
Retinol		0	0	Z	7		0	0		
Carotene, beta		0	0	FLA	4		0	0		
Carotene, alpha		0	0	FLA	4		0	0		
Cryptoxanthin, beta		0	0	FLA	4		0	0		
Vitamin A, IU		0	0	NC	4		0	0		
Lycopene		0	0	FLA	4		0	0		
Lutein + zeaxanthin		0	0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		2.18	0	FLA	4		0.74	0.26		
Vitamin E, added		0.00	0	Z	7		0.00	0.00		
Tocopherol, beta	_		-							
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0	0.0		
Vitamin D		0	0	Z	7		0	0		
Vitamin K (phylloquinone)		7.2	0	FLA	4		2.4	0.9		
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	2.6	31	1	MA	12		0.895	0.316	
4:0g	0.0		1	MA	12		0.000	0.000	
6:0g	0.0		1	MA	12		0.000	0.000	
8:0g	0.0		1	MA	12		0.000	0.000	
10:0g	0.0	00	1	MA	12		0.000	0.000	
12:0g	0.0	14	1	MA	12		0.005	0.002	
13:0g									
14:0g	0.0	03	1	MA	12		0.001	0.000	
15:0g									
16:0g	1.8	12	1	MA	12		0.616	0.217	
17:0g									
18:0g	0.8	02	1	MA	12		0.273	0.096	
20:0g									
22:0g									
24:0g		1.0	1	140	•		2 252		
Fatty acids, total monounsaturatedg	9.9	10	1	MC	9		3.369	1.189	
14:1g									
15:1g	0.0	00	1	MA	12		0.000	0.000	
16:1 undifferentiatedg	0.0	00	1	MA	12		0.000	0.000	
17:1g 18:1 undifferentiated	9.9	10	1	MA	12		3.369	1.189	
20:1g	0.0		1	MA	12		0.000	0.000	
20:1g 22:1 undifferentiatedg	0.0		1	MA	12		0.000	0.000	
24:1 c	0.0	00	_	HA	12		0.000	0.000	
Fatty acids, total polyunsaturatedg	4.2	34	1	MC	9		1.440	0.508	
18:2 undifferentiated	4.0		1	MA	12		1.373	0.484	
18:3 undifferentiated	0.1		1	MA	12		0.067	0.024	
18:4g	0.0		1	MA	12		0.000	0.000	
20:2 n-6 c,cg	0.0		_				0.000	0.000	
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	00	1	MA	12		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	1	MA	12		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	1	MA	12		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	1	MA	12		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		1		12		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		1		7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 34g: 1 cup Measure 2 = 12.0g: 10 chips

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am ou</u>	nt in 100 gra	am s	of edil	ole portion		Amount in edible portion of common			
			Num	hor					easures of foo		
						Source Co	nfidonco				
	.,		ا ال I. Error Poi			Code	Code				
Nutrients and Un	its	Mean Sto	I. Error Pol	nts	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		2.20	0.118	3		1		0.62	0.40		
Energy	kcal	522		0	NC	4		148	94		
Energy	kJ	2184		0		4		619	393		
Protein (N x 6.25)	g	6.70	0.204	3		1		1.90	1.21		
Total lipid (fat)	g	34.40	0.512	3		1		9.75	6.19		
Ash	g	3.30	0.118	3		1		0.94	0.59		
Carbohydrate, by difference	g	53.30		0	NC	4		15.11	9.59		
Fiber, total dietary	g	3.4		0		4		1.0	0.6		
Sugars, total	g	0.22		0	0	4		0.06	0.04		
Starch	g										
Minerals:											
Calcium, Ca	<u>mg</u>	18	0.275	3		1		5	3		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.27	0.733	3		1		0.64	0.41		
Magnesium, Mg		64	0.233	3		1		18	12		
Phosphorus, P		172	0.943	3		1		49	31		
Potassium, K	-	1237	10.247	3		1		351	223		
Sodium, Na	-	633		0	NR	4		179	114		
Zinc, Zn		0.99	0.006	3		1 1		0.28	0.18		
Copper, Cu		0.315 0.423	0.005 0.004	3		1		0.089 0.120	0.057 0.076		
Selenium. Se		8.1	0.004	0	BFZN	4		2.3	1.5		
, ,	µ9	0.1		U	BF ZN	-		2.3	1.5		
<u>Vitamins:</u>		45. 3	0 405	_		-		12.4	0.5		
Vitamin C, total ascorbic acid	-	47.3 0.096	0.407 0.002	3		1 1		13.4 0.027	8.5 0.017		
ThiaminRiboflavin	-	0.096	0.002	3		1		0.027	0.017		
Niacin	-	4.785	0.003	3		1		1.357	0.021		
Pantothenic acid	-	0.403	0.033	3		1		0.114	0.001		
Vitamin B-6		0.320	0.006	3		1		0.091	0.058		
Folate, total	-	40	2.351	3		1		11	7		
Folic acid		0		0	Z	7		0	0		
Folate, food	µg	40	2.351	3		1		11	7		
Folate, DFE	µg	40		0	NC	4		11	7		
Choline, total	mg	34.9		0	FLA	4		9.9	6.3		
Betaine	mg										
Vitamin B-12	µg	0.00		1		4		0.00	0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	0		0	AS	1		0	0		
Retinol	µg	0		0	Z	7		0	0		
Carotene, beta		0		0	Z	7		0	0		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		0		0	AS Z	1 7		0	0 0		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		9.11		0	0	4		2.58	1.64		
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00		0	z	7		0.00	0.00		
Tocopherol, beta		0.00		J	4	•		0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta	-										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0		
Vitamin D	<u>IU</u>	0		0	Z	7		0	0		
Vitamin K (phylloquinone)	µg	22.1		0	T	4		6.3	4.0		
Dihydrophylloquinone	ua										

	<u>Am ou</u>	ınt in 100 graı	ns of ed	Amount in edible portion of common				
		Num b	er			<u>m</u>	easures of foo	<u>od</u>
		of Da	ta Deriv	Source Co	onfidence			
Nutrients and Units	Mean St	d. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	8.880	()	1		2.517	1.598	
4:0g	0.000	()	1		0.000	0.000	
6:0g	0.000)	1		0.000	0.000	
8:0g	0.000	()	1		0.000	0.000	
10:0g	0.000)	1		0.000	0.000	
12:0g	0.000)	1		0.000	0.000	
13:0g								
14:0g	0.270	:	L	1		0.077	0.049	
15:0g								
16:0g	7.810	:	L	1		2.214	1.406	
17:0g								
18:0g	0.800	:	L	1		0.227	0.144	
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	6.160	()	1		1.746	1.109	
14:1g								
15:1g								
16:1 undifferentiated	0.270		L	1		0.077	0.049	
17:1g	F 000		ı	1				
18:1 undifferentiated	5.880		L	1		1.667	1.058	
20:1g	0.000)	1		0.000	0.000	
22:1 undifferentiatedg	0.000)	1		0.000	0.000	
24:1 cg	17.900	,)	1		5.075	3.222	
Fatty acids, total polyunsaturated	17.800		, L	1		5.075	3.222	
18:3 undifferentiatedg	0.070	-	L	1		0.020	0.013	
18:4g	0.000)	1		0.020	0.013	
20:2 n-6 c.cg	0.000	,	,	_		0.000	0.000	
20:3 undifferentiatedg								
20:4 undifferentiated	0.030		L	1		0.009	0.005	
20:5 n-3 (EPA)g	0.000		-)	1		0.000	0.000	
21:5g	0.000	·	•	-		0.000	0.000	
22:4g								
22:5 n-3 (DPA)g	0.000)	1		0.000	0.000	
22:6 n-3 (DHA)g	0.000)	1		0.000	0.000	
Fatty acids, total trans				-				
Cholesterolmg	0	:	L	4		0	0	
Phytosterols mg	-			-		-	-	
Others:								
Alcohol, ethylg	0.0)	7		0.0	0.0	
Caffeinemg	0	() z	7		0	0	
Theobrominemg	0) Z	7		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 18g: .5 cup

Calories Factors: Protein 2.78 Fat 8.37 Carbohydrate 4.03

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	u gram s	or ear	Die portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	od_	
						Source	Confidence				
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Nati lents and on	11.3	Mean	Ota. E 101					Wedsure 1	Micasure 2	weasure .	
Proximates:											
Water	g	2.5	0	1		1		0.71	0.28		
Energy	kcal	457		0	NC	4		130	50		
Energy	kJ	1914		0	NC	4		543	211		
Protein (N x 5.8)	g	7.5	0	1		1		2.13	0.83		
Total lipid (fat)	g	16.7	0	1		1		4.73	1.84		
Ash	g	2.2	0	1		1		0.62	0.24		
Carbohydrate, by difference	g	70.9	0	0	NC	4		20.10	7.80		
Fiber, total dietary	g	2.4		0	FLC	4		0.7	0.3		
Sugars, total	g	38.8	0	0	FLC	4		11.00	4.27		
Starch											
	_										
Minerals:											
Calcium, Ca	_	74	_	1		1		21	8		
Iron, Fe	_	2.0	0	1		1		0.57	0.22		
Magnesium, Mg		41		1		4		12	5		
Phosphorus, P		145		1		4		41	16		
Potassium, K	_	225		1		4 4		64	25 63		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	569	2	1		4		161			
Zinc, Zn		0.9		1 1		4		0.26 0.086	0.10 0.033		
Copper, Cu		0.50		1		4		0.086	0.062		
Manganese, Mn		14.5		0	FLC	4		4.1	1.6		
Selenium, Se	µg	14.5		U	FLC	4		4.1	1.6		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5		1		1		0.1	0.1		
Thiamin	mg	0.0	99	1		1		0.028	0.011		
Riboflavin	mg	0.2	00	1		1		0.057	0.022		
Niacin	mg	0.8	00	1		1		0.227	0.088		
Pantothenic acid	mg	0.7	59	1		4		0.215	0.083		
Vitamin B-6	mg	0.1	72	1		4		0.049	0.019		
Folate, total	µg	9		1		4		3	1		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	9		0	FLC	4		3	1		
Folate, DFE	µg	9		0	NC	4		3	1		
Choline, total	mg	39.7		0	FLC	4		11.3	4.4		
Betaine	mg										
Vitamin B-12	µg	0.0	0	1		4		0.00	0.00		
Vitamin B-12, added	µg	0.0	0	0	FLC	4		0.00	0.00		
Vitamin A, RAE	µg	0		0	NC	4		0	0		
Retinol	µg	0		0	Z	7		0	0		
Carotene, beta	µg	0		0	FLC	4		0	0		
Carotene, alpha	µg	0		0	FLC	4		0	0		
Cryptoxanthin, beta		0		0	FLC	4		0	0		
Vitamin A, IU		0		0	NC	4		0	0		
Lycopene		0		0	FLC	4		0	0		
Lutein + zeaxanthin		9		0	FLC	4		3	1		
Vitamin E (alpha-tocopherol)	mg	0.6	2	0	FLC	4		0.17	0.07		
Vitamin E, added	mg	0.0	0	0	FLC	4		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0	0.0		
Vitamin D	IU	0		0	NR	4		0	0		
Vitamin K (phylloquinone)	µg	11.1		0	FLC	4		3.1	1.2		
Dihydrophylloquinone	µg										
Menaquinone-4											

	<u>Ar</u>	Amount in 100 grams of edible portion						dible portion o	
			Number				<u>m (</u>	easures of foo	<u>d</u>
Nutrients and Units	Mean	Std. Error			Source C	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 7.6	580	0		1		2.177	0.845	
4:0	g 0.0	000	1		1		0.000	0.000	
6:0	g 0.0	010	1		1		0.003	0.001	
8:0		210	1		1		0.060	0.023	
10:0		230	1		1		0.065	0.025	
12:0	=	920	1		1		0.828	0.321	
13:0	-	260	1		1		0 201	0 117	
14:0 15:0	=	760	1		1		0.301	0.117	
16:0	-	940	1		1		0.550	0.213	
17:0	=		_		_		0.330	0.213	
18:0		310	1		1		0.371	0.144	
20:0									
22:0	g								
24:0	•								
Fatty acids, total monounsaturated		390	0		1		1.528	0.593	
14:1									
15:1	-		_		_				
16:1 undifferentiated		020	1		1		0.006	0.002	
17:1		370	1		1		1.522	0.591	
20:1		000	0	FLC	4		0.000	0.000	
22:1 undifferentiated		000	0	FLC	4		0.000	0.000	
24:1 c	•		_		-				
Fatty acids, total polyunsaturated	-	L50	0		1		0.610	0.237	
18:2 undifferentiated	g 1.9	990	1		1		0.564	0.219	
18:3 undifferentiated	.g 0.3	L60	1		1		0.045	0.018	
18:4	g 0.0	000	0	FLC	4		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	=	000	0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)	=	000	0	FLC	4		0.000	0.000	
21:5	=								
22:4 22:5 n-3 (DPA)	-	000	0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)	•	000	0	FLC	4		0.000	0.000	
Fatty acids, total trans.	•	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Ū	120	-		0.000	0.000	
Cholesterol			1		4		0	0	
Amino Acids:	0 0	096	0		1		0.027	0 011	
Tryptophan Threonine	.0	251	0		1		0.027	0.011 0.028	
Isoleucine	.5	287	0		1		0.081	0.032	
Leucine	•	531	0		1		0.151	0.058	
Lysine	•	253	0		1		0.072	0.028	
Methionine	.0	131	0		1		0.037	0.014	
Cystine	=	L 4 7	0		1		0.042	0.016	
Phenylalanine	g 0.:	357	0		1		0.101	0.039	
Tyrosine	g 0.2	234	0		1		0.066	0.026	
Valine	.g 0.:	332	0		1		0.094	0.037	
Arginine	g 0.3	306	0		1		0.087	0.034	
Histidine	•	L63	0		1		0.046	0.018	
Alanine	•	274	0		1		0.078	0.030	
Aspartic acid	•	120	0		1		0.119	0.046	
Glutamic acid	.0	183	0		1		0.619	0.240	
Glycine	.5	268 743	0		1 1		0.076	0.029	
Proline	.0	7 4 3 365	0		1		0.211 0.103	0.082 0.040	
Serine	•	,,,	U		_		0.103	0.040	
	·9								
Others:			_	_	_				
Alcohol, ethyl	=	ט	0	FLC	4		0.0	0.0	
Caffeine	mg 8		0	FLC	4		2	1	

Snacks, pretzels, hard, confectioner's coating, chocolate-flavor

Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
Theobrominemg	87		0	FLC	4		25	10		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 11.0g: 1 pretzel

Calories Factors: Protein 3.8 Fat 8.7 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		Amo	unt in 100 g	grams	ot edi	oie portic	<u>on</u>	Amount in edible portion of common			
			Nı	ımbe	r				easures of fo		
						Source	Confidence				
Nutrients and Un	ite	Mean S	Std. Error F				Code	Measure 1	Measure 2	Measure	
Nutrients and on		Mean (жа. <u>Бтог</u> -					weasure i	MCasure 2	Wedsure	
Proximates:											
Water	g	3.30	0.13	4 105		1		0.94	1.98		
Energy	kcal	381		0	NC	4		108	229		
Energy	kJ	1594		0		4		452	956		
Protein (N x 5.7)	g	9.10	0.12	6 85		1		2.58	5.46		
Total lipid (fat)	g	3.50	0.15	8 94		1		0.99	2.10		
Ash	g	4.90	0.17	9 82		1		1.39	2.94		
Carbohydrate, by difference	g	79.20		0	NC	4		22.45	47.52		
Fiber, total dietary		2.8		0		4		0.8	1.7		
Sugars, total		2.21		0	0	4		0.63	1.33		
Starch											
Minerals:											
Calcium, Ca	-	36		1 101		1		10	22		
Iron, Fe	-	4.32	0.11			1		1.22	2.59		
Magnesium, Mg		35		4 85		1		10	21		
Phosphorus, P		113		4 88		1		32	68		
Potassium, K	-	146	3.83	2 104		1		41	88		
Sodium, Na	-	250	0.00	0	LC	8		71	150		
Zinc, Zn	-	0.85		6 74		1 1		0.24	0.51		
Copper, Cu		0.264 1.789				1		0.075	0.158		
Manganese, Mn Selenium, Se	-	5.8	0.20	3 64 0	BFZN	4		0.507 1.6	1.073 3.5		
Seienium, Se	µg	5.0		U	DF ZIN	4		1.0	3.5		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0	0.00	8 0		1		0.0	0.0		
Thiamin	mg	0.461	0.01	6 61		1		0.131	0.277		
Riboflavin	mg	0.623	0.06	6 62		1		0.177	0.374		
Niacin	mg	5.251	0.14	5 62		1		1.489	3.151		
Pantothenic acid	mg	0.288	3	2		1		0.082	0.173		
Vitamin B-6	mg	0.116	0.02	94		1		0.033	0.070		
Folate, total	µg	171		0	0	4		48	103		
Folic acid	µg	88		0	0	4		25	53		
Folate, food	µg	83		1		4		24	50		
Folate, DFE	µg	233		0	NC	4		66	140		
Choline, total	-	23.5		0	FLA	4		6.7	14.1		
Betaine											
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol	µg	0		0	Z	7		0	0		
Carotene, beta		0		0	Z	7		0	0		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		0		0	AS	1		0	0		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.35		0	0	4		0.10	0.21		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		n	z	7		0.0	0.0		
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D Vitamin K (phylloquinone)		0.9		0	0	4		0.3	0.5		
Dihydrophylloquinone		0.9		U	J	-1		0.3	0.5		
DITIYUTOPITYTIOQUINONE	µy										

	Amount in 100 grams of edible portion					Amount in edible portion of common			
			Number				easures of foo		
					Source Confidence	_			
Nutrients and Units	Mean	Std Erro	or Points		Code Code	Measure 1	Measure 2	Measure 3	
Nutrients and onits	Weali	Stu. ETC) ₁ . oo			Wieasure i	Weasure 2	Measure 3	
T :: 3									
Lipids: Fatty acids, total saturatedg	0.7	50	0		1	0.213	0.450		
4:0g	0.0		0		1	0.000	0.000		
6:0g	0.0		0		1	0.000	0.000		
8:0g	0.0	10	7		1	0.003	0.006		
10:0g	0.0	10	7		1	0.003	0.006		
12:0g	0.0	30	7		1	0.009	0.018		
13:0g	0.0	20	7		1	0.006	0.010		
14:0g 15:0g	0.0	20	,		1	0.006	0.012		
16:0g	0.4	70	7		1	0.133	0.282		
17:0g									
18:0g	0.2	10	7		1	0.060	0.126		
20:0g									
22:0g									
24:0g Fatty acids, total monounsaturatedg	1.3	60	0		1	0.386	0.816		
14:1g	1.3	80	U		1	0.386	0.816		
15:1									
16:1 undifferentiatedg	0.0	20	4		1	0.006	0.012		
17:1g									
18:1 undifferentiatedg	1.3		7		1	0.383	0.810		
20:1g	0.0		0		1	0.000	0.000		
22:1 undifferentiatedg	0.0	00	0		1	0.000	0.000		
24:1 cg Fatty acids, total polyunsaturatedg	1.2	20	0		1	0.346	0.732		
18:2 undifferentiatedg	1.1		7		1	0.326	0.690		
18:3 undifferentiatedg	0.0	60	7		1	0.017	0.036		
18:4g	0.0	00	0		1	0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiated	0.0	00	0		1	0.000	0.000		
20:4 undifferentiatedg 20:5 n-3 (EPA)g	0.0		0		1	0.000	0.000		
20.5 li-5 (EFA)g	0.0	00	Ū		-	0.000	0.000		
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		1	0.000	0.000		
22:6 n-3 (DHA)g	0.0	00	0		1	0.000	0.000		
Fatty acids, total transg	•	,			•	•	•		
Cholesterolmg Phytosterolsmg	0		0.000 13		1	0	0		
•									
Amino Acids:					_				
Tryptophang	0.1 0.2		0		1	0.031	0.065		
Threonineg Isoleucineg	0.2		0		1	0.073 0.098	0.155 0.207		
Leucine	0.6		0		1	0.180	0.382		
Lysineg	0.2		0		1	0.063	0.133		
Methionineg	0.1	64	0		1	0.046	0.098		
Cystineg	0.1		0		1	0.056	0.118		
Phenylalanineg	0.4		0		1	0.128	0.272		
Tyrosineg	0.2		0		1 1	0.075	0.160		
Valine	0.3 0.3		0		1	0.111 0.099	0.235 0.209		
Histidine	0.2		0		1	0.057	0.121		
Alanineg	0.3		0		1	0.086	0.182		
Aspartic acidg	0.4	15	0		1	0.118	0.249		
Glutamic acidg	3.0		0		1	0.861	1.822		
Glycineg	0.3		0		1	0.093	0.196		
Prolineg	1.0		0		1 1	0.289	0.611		
Serine	0.4	± /	U		1	0.127	0.268		
Others:			•		7	0.0	• •		
Alcohol, ethyl	0.0		0	z	7 7	0.0	0.0 0		
Caffeinemg	U		U	Z	,	U	J		

Snacks, pretzels, hard, plain, made with enriched flour, unsalted

	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate4

Food Group: 25 Snacks

NDB No. 19812 Snacks, pretzels, hard, plain, made with unenriched flour, salted

Refuse:0%

	<u>Am o</u>	unt in 100 g			Amount in edible portion of common measures of food					
				n bei Data		Source	Confidence	<u></u>	<u> </u>	<u></u>
Nutrients and Un	its	Mean S	Std. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		3.30	0.134			1		0.94	1.98	
Energy	kcal	381		0	NC	4		108	229	
Energy		1594				4		452	956	
Protein (N x 5.7)		9.10	0.126			1		2.58	5.46	
Total lipid (fat)		3.50	0.158	94		1		0.99	2.10	
Ash		4.90	0.179	82		1		1.39	2.94	
Carbohydrate, by difference		79.20		0	NC	4		22.45	47.52	
Fiber, total dietary		2.8		0		4		0.8	1.7	
Sugars, totalStarch										
Minerals:										
Calcium, Ca	<u>mg</u>	36	1.651	101		1		10	22	
Iron, Fe	_	1.67		0		1		0.47	1.00	
Magnesium, Mg	mg	35	0.954	85		1		10	21	
Phosphorus, P	<u>m</u> g	113	4.774	88		1		32	68	
Potassium, K	_	146	3.832			1		41	88	
Sodium, Na	_	1715	61.055			1		486	1029	
Zinc, Zn		0.85	0.036			1		0.24	0.51	
Copper, Cu		0.264 1.789		68		1		0.075	0.158	
Manganese, Mn Selenium, Se		1.789 5.8	0.203	64 0	BFZN	1 4		0.507 1.6	1.073 3.5	
Vitamins:	µy	3.6		U	DF ZN	-		1.0	3.3	
Vitamin C, total ascorbic acid	ma	0.0	0.000	8		1		0.0	0.0	
Thiamin	_	0.180		0		1		0.051	0.108	
Riboflavin		0.100		0		1		0.028	0.060	
Niacin	_	1.920		0		1		0.544	1.152	
Pantothenic acid		0.288		2		1		0.082	0.173	
Vitamin B-6	_	0.116	0.029	4		1		0.033	0.070	
Folate, total	µg	83		1		4		24	50	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	83		1		4		24	50	
Folate, DFE		83		0	NC	4		24	50	
Choline, total										
Betaine										
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta										
Carotene, alpha Cryptoxanthin, beta										
Vitamin A, IU		0	0.000	15		1		0	0	
Lycopene		·	0.000			_		· ·	·	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	Amount in 100 grams of edible portion						Amount in edible portion of common			
		Number					measures of food			
					Source	Confidence			_	
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturatedg	0.	750	0		1		0.213	0.450		
4:0g										
6:0g	0	110	7				0.002	0.000		
8:0g	0.0)10	7 7		1 1		0.003	0.006		
10:0g 12:0g)30	7		1		0.003 0.009	0.006 0.018		
13:0	0.1	750	,		_		0.003	0.010		
14:0	0.0	20	7		1		0.006	0.012		
15:0g										
16:0g	0.4	170	7		1		0.133	0.282		
17:0g										
18:0g	0.3	210	7		1		0.060	0.126		
20:0g										
22:0g										
24:0g			•							
Fatty acids, total monounsaturated	1.	360	0		1		0.386	0.816		
14:1g 15:1g										
16:1 undifferentiated	0.0	20	4		1		0.006	0.012		
17:1g	•	,20	-		-		0.000	0.012		
18:1 undifferentiated	1.:	350	7		1		0.383	0.810		
20:1g										
22:1 undifferentiatedg										
24:1 cg										
Fatty acids, total polyunsaturatedg	1.:		0		1		0.346	0.732		
18:2 undifferentiatedg	1.		7		1		0.326	0.690		
18:3 undifferentiatedg	0.0	060	7		1		0.017	0.036		
18:4g										
20:2 n-6 c,c										
20:3 undifferentiated										
20:5 n-3 (EPA)										
21:59										
22:4g										
22:5 n-3 (DPA)g										
22:6 n-3 (DHA)g										
Fatty acids, total trans										
Cholesterolmg	0	0.	.000 13		1		0	0		
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.3	L09	0		1		0.031	0.065		
Threonineg		259	0		1		0.073	0.155		
Isoleucineg		345	0		1		0.098	0.207		
Leucineg		36	0		1		0.180	0.382		
Lysine9		221	0		1		0.063	0.133		
Methionineg		164	0		1		0.046	0.098		
Cystineg		L96	0		1 1		0.056	0.118		
Phenylalanine		153 266	0		1		0.128 0.075	0.272		
Tyrosine		392	0		1		0.075	0.160 0.235		
Arginine		349	0		1		0.099	0.209		
Histidineg	0.3		0		1		0.057	0.121		
Alanineg		304	0		1		0.086	0.182		
Aspartic acidg		15	0		1		0.118	0.249		
Glutamic acidg	3.0	37	0		1		0.861	1.822		
Glycineg	0.3	327	0		1		0.093	0.196		
Prolineg	1.0		0		1		0.289	0.611		
Serineg	0.4	147	0		1		0.127	0.268		
Hydroxyprolineg										

Snacks, pretzels, hard, plain, made with unenriched flour, salted

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate4

Food Group: 25 Snacks

NDB No. 19813 Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Refuse:0%

		<u>Am</u>	ount in 100 g		Amount in edible portion of common measures of food				
				nbei			-	neasures of to	<u>ou</u>
						Source Confide	nce		
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	3.30	0.134	105		1	0.94	1.98	
Energy	kcal	381		0	NC	4	108	229	
Energy	kJ	1594				4	452	956	
Protein (N x 5.7)	g	9.10	0.126	85		1	2.58	5.46	
Total lipid (fat)	g	3.50	0.158	94		1	0.99	2.10	
Ash	g	4.90	0.179	82		1	1.39	2.94	
Carbohydrate, by difference	g	79.20		0	NC	4	22.45	47.52	
Fiber, total dietary		2.8		0		4	0.8	1.7	
Sugars, total									
Starch									
Minerals:									
Calcium, Ca	mg	36	1.651	101		1	10	22	
Iron, Fe	_	1.67		0		1	0.47	1.00	
Magnesium, Mg		35	0.954	85		1	10	21	
Phosphorus, P	_	113	4.774	88		1	32	68	
Potassium, K	mg	146	3.832	104		1	41	88	
Sodium, Na	mg	289		0		1	82	173	
Zinc, Zn	mg	0.85	0.036	74		1	0.24	0.51	
Copper, Cu	mg	0.26	4 0.028	68		1	0.075	0.158	
Manganese, Mn	mg	1.78	9 0.203	64		1	0.507	1.073	
Selenium, Se	µg	5.8		0	BFZN	4	1.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0.000	8		1	0.0	0.0	
Thiamin	_	0.18		0		1	0.051	0.108	
Riboflavin	_	0.10		0		1	0.028	0.060	
Niacin	_	1.92		0		1	0.544	1.152	
Pantothenic acid		0.28		2		1	0.082	0.173	
Vitamin B-6	_	0.11		4		1	0.033	0.070	
Folate, total	=	83		1		4	24	50	
Folic acid		0		0	z	7	0	0	
Folate, food		83		1		4	24	50	
Folate, DFE		83		0	NC	4	24	50	
Choline, total									
Betaine	_								
Vitamin B-12	=	0.00		1		4	0.00	0.00	
Vitamin A, RAE		0		0	NC	4	0	0	
Retinol	µg	0		0	Z	7	0	0	
Carotene, beta	µg								
Carotene, alpha									
Cryptoxanthin, beta									
Vitamin A, IU	<u></u> IU	0	0.000	15		1	0	0	
Lycopene	µg								
Lutein + zeaxanthin	µg								
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	µg								

	<u>Ar</u>	nount in	100 grams	Amount in 6	Amount in edible portion of common			
			Number			easures of foo		
Nutrients and Units	Mean	Std. Err	of Data or Points	Source Confidenc Code Code	e Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated	g 0.7	50	0	1	0.213	0.450		
4:0	-							
6:0 8:0	-	110	7	1	0.003	0.006		
10:0	=		7	1	0.003	0.006		
12:0	•		7	1	0.009	0.018		
13:0	=							
14:0	-	20	7	1	0.006	0.012		
15:0	-		_	_				
16:0 17:0	-	170	7	1	0.133	0.282		
18:0	-	210	7	1	0.060	0.126		
20:0	=		•	-	0.000	0.120		
22:0	-							
24:0								
Fatty acids, total monounsaturated		860	0	1	0.386	0.816		
14:1	-							
15:1 16:1 undifferentiated	-	120	4	1	0.006	0.012		
17:1	-	720	-	-	0.000	0.012		
18:1 undifferentiated	-	50	7	1	0.383	0.810		
20:1	g							
22:1 undifferentiated								
24:1 c				_				
Fatty acids, total polyunsaturated			0 7	1	0.346	0.732		
18:2 undifferentiated	.0		7	1	0.326 0.017	0.690 0.036		
18:4		,00	,	-	0.017	0.030		
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated	.g							
20:5 n-3 (EPA)								
21:5								
22:4 22:5 n-3 (DPA)								
22:5 n-3 (DPA)								
Fatty acids, total trans.								
Cholesterol			0.000 13	1	0	0		
Phytosterols	mg							
Amino Acids:								
Tryptophan	.g 0.1	.09	0	1	0.031	0.065		
Threonine	.g 0.2	259	0	1	0.073	0.155		
Isoleucine	-	345	0	1	0.098	0.207		
Leucine			0	1	0.180	0.382		
Lysine			0	1	0.063	0.133		
Methionine			0	1	0.046	0.098		
Cystine			0	1	0.056	0.118		
Phenylalanine Tyrosine	•		0	1	0.128 0.075	0.272 0.160		
Valine	•		0	1	0.111	0.235		
Arginine	•		0	1	0.099	0.209		
Histidine	•		0	1	0.057	0.121		
Alanine	-	04	0	1	0.086	0.182		
Aspartic acid			0	1	0.118	0.249		
Glutamic acid			0	1	0.861	1.822		
Glycine			0	1	0.093	0.196		
Proline	-		0	1	0.289	0.611		
Serine	-	· · /	U	1	0.127	0.268		
гтуш охургонпе	·9							

Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate4

Food Group: 25 Snacks

		<u>Am ou</u>	nt in 100 gr	rams	of edi	ble portion	<u>1</u>	Amount in e	dible portion	of common
			Nur	nbei	r				easures of fo	
						Source C	onfidence			
Nutrients and	Units	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.13	0.037	21	A	1		0.89	1.88	
Energy	kcal	384		0	NC	4		109	231	
Energy	kJ	1608		0	NC	4		456	965	
Protein (N x 5.7)	g	10.04	0.072	21	A	1		2.85	6.02	
Total lipid (fat)	g	2.93	0.076	21	A	1		0.83	1.76	
Ash	g	3.51	0.031	21	A	1		0.99	2.10	
Carbohydrate, by difference	g	80.39		0	NC	4		22.79	48.24	
Fiber, total dietary	g	3.4	0.044	18	A	1		1.0	2.1	
Sugars, total		2.21	0.138	9	A	1		0.63	1.33	
Sucrose										
Glucose (dextrose)		0.69	0.069	9	A	1		0.20	0.42	
Fructose		0.31	0.040	9	A	1		0.09	0.18	
Lactose				-	==	•				
Maltose		1.11	0.031	9	A	1		0.31	0.67	
Galactose		0.00	0.000	9	A	1		0.00	0.00	
Starch		72.58	0.132		A	1		20.58	43.55	
Sarvii		. 2.50	2			-			13.33	
Minerals:										
Calcium, Ca	mg	27	0.378	21	A	1		8	16	
Iron, Fe	mg	4.58	0.234	21	A	1		1.30	2.75	
Magnesium, Mg	mg	29	0.600	21	A	1		8	18	
Phosphorus, P	mg	128	1.354	21	A	1		36	77	
Potassium, K	mg	223	3.252	21	A	1		63	134	
Sodium, Na	<u>mg</u>	1240	23.339	21	A	1		352	744	
Zinc, Zn	mg	1.04	0.038	21	A	1		0.30	0.63	
Copper, Cu	mg	0.156	0.002	21	A	1		0.044	0.094	
Manganese, Mn	mg	1.015	0.040	21	A	1		0.288	0.609	
Selenium, Se	µg	4.4	0.190	13	A	1		1.2	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.1		1	A	1		0.6	1.3	
Thiamin	_	0.424	0.005		A	1		0.120	0.255	
Riboflavin	-	0.332	0.000	0	NR	4		0.094	0.199	
Niacin	•	5.270	0.100		A	1		1.494	3.162	
Pantothenic acid	_	0.322	0.010		A	1		0.091	0.193	
Vitamin B-6	•	0.074	0.004		A	1		0.021	0.044	
Folate, total		166	0.109	4	A	1		47	100	
Folic acid		0	01205	0	NR	4		0	0	
Folate, food		166		0	NR	4		47	100	
Folate, DFE		166		0	NC	4		47	100	
Choline, total		29.5		0	AS	1		8.4	17.7	
Betaine	_	50.0		2	A	1		14.2	30.0	
Vitamin B-12	_	0.00		1		4		0.00	0.00	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	FLA	4		0	0	
Carotene, beta		0		0	FLA	4		0	0	
Carotene, alpha		0		0	FLA	4		0	0	
Cryptoxanthin, beta		0		0	FLA	4		0	0	
Vitamin A, IU		0	0.000		LUA	1		0	0	
Lycopene		0	3.000	0	FLA	4		0	0	
Lutein + zeaxanthin		9		0	FLA	4		3	6	
Vitamin E (alpha-tocopherol)		0.47	0.047		А	1		0.13	0.28	
		0.00	0.04/	0	Z	7		0.00	0.28	
Vitamin E, added		0.00	0.013	5	A	1		0.00		
Tocopherol, german		0.26	0.013		A	1		0.07	0.16 0.37	
Tocopherol, gamma		0.62			A A	1			0.37	
Tocopherol, delta Tocotrienol, alpha			0.003			1		0.01	0.01	
Locotrienol alpha	mu	0.03	0.003	5	A	1		0.01	0.02	

	Amount in 100 grams of edible portion Number						dible portion o			
Nutrients and Units	Mean	Std		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	— Measure 3
				_	_	_				
Tocotrienol, gammamg	0.0		0.004	5	A	1		0.00	0.00	
Tocotrienol, delta	0.3		0.018	5 0	A Z	1 7		0.09 0.0	0.19	
Vitamin D (D2 + D3)µg Vitamin D2 (ergocalciferol)µg	0.0			U	4	,		0.0	0.0	
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg										
Vitamin D	0			0	z	7		0	0	
Vitamin K (phylloquinone)µg	2.8		0.004	5	A	1		0.8	1.7	
DihydrophylloquinoneU9	5.2			1	A	1		1.5	3.1	
Menaquinone-4µg										
Linida										
Lipids:	0.3	01		0	NC	4		0 111	0 224	
Fatty acids, total saturated	0.0		0.000	11	A A	1		0.111 0.000	0.234 0.000	
6:0g	0.0		0.000	12	A	1		0.000	0.000	
8:0g	0.0		0.000	11	A	1		0.000	0.000	
10:0g	0.0				A	1		0.001	0.001	
12:0g	0.0		0.000	12	A	1		0.000	0.000	
13:0g		-	0.000			_		0.000	0.000	
14:09	0.0	01	0.000	12	A	1		0.000	0.001	
15:0g	0.0		0.000	11	A	1		0.000	0.001	
16:0g	0.3		0.005	11	A	1		0.091	0.192	
17:0g	0.0		0.000	11	A	1		0.000	0.001	
18:0g	0.0	50	0.001	12	A	1		0.014	0.030	
20:0g	0.0	10	0.000	12	A	1		0.003	0.006	
22:0g	0.0	03	0.000	11	A	1		0.001	0.002	
24:0g	0.0	04	0.001	11	A	1		0.001	0.002	
Fatty acids, total monounsaturatedg	0.7	27		0	NC	4		0.206	0.436	
14:1g	0.0	00	0.000	12	A	1		0.000	0.000	
15:1g	0.0	00	0.000	11	A	1		0.000	0.000	
16:1 undifferentiatedg	0.0	03	0.001	11	AS	1		0.001	0.002	
16:1 cg	0.0	03	0.001	11	A	1		0.001	0.002	
16:1 tg	0.0	00	0.000	11	A	1		0.000	0.000	
17:1g	0.0	01	0.000	12	A	1		0.000	0.000	
18:1 undifferentiatedg	0.7		0.042	11	AS	1		0.200	0.423	
18:1 cg	0.7		0.042		A	1		0.200	0.423	
18:1 tg	0.0	00	0.000	11	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)g										
20:1g	0.0		0.001		A	1		0.004	0.010	
22:1 undifferentiatedg	0.0		0.000		AS	1		0.000	0.000	
22:1 cg	0.0		0.000	11	A	1		0.000	0.000	
22:1 tg	0.0		0.000		A	1		0.000	0.000	
24:1 cg	0.0 1.2		0.000	0	A NC	1 4		0.000	0.000	
Fatty acids, total polyunsaturated	1.2		0.019		AS	1		0.366 0.348	0.775 0.736	
18:2 undifferentiatedg 18:2 n-6 c,cg	1.2		0.019		A	1		0.347	0.734	
18:2 CLAsg	0.0		0.000		A	1		0.000	0.000	
18:2 t.tg	0.0		0.000			_		0.000	0.000	
18:2 ig										
18:2 t not further definedg	0.0	04	0.000	11	A	1		0.001	0.002	
18:3 undifferentiatedg	0.0		0.001		AS	1		0.018	0.038	
18:3 n-3 c,c,c (ALA)g	0.0	63	0.001	11	A	1		0.018	0.038	
18:3 n-6 c,c,cg	0.0	01	0.000	11	A	1		0.000	0.000	
18:3ig	0.0	00	0.000	5	A	1		0.000	0.000	
18:4g	0.0	00	0.000	11	A	1		0.000	0.000	
20:2 n-6 c,cg	0.0	00	0.000	11	A	1		0.000	0.000	
20:3 undifferentiatedg	0.0	00	0.000	11	AS	1		0.000	0.000	
20:3 n-3g	0.0	00	0.000	11	A	1		0.000	0.000	
20:3 n-6g	0.0		0.000	11	A	1		0.000	0.000	
20:4 undifferentiatedg	0.0	00	0.000	12	A	1		0.000	0.000	
20:4 n-6g			_			_		_	_	
20:5 n-3 (EPA)g	0.0	00	0.000	11	A	1		0.000	0.000	
21:5g		.00	0 000		,	-1		2 222	0.000	
22:4g	0.0		0.000	11	A	1		0.000	0.000	
22:5 n-3 (DPA)g	0.0	00	0.000	11	A	1		0.000	0.000	

	<u>Am oun</u>	t in 100 gra		Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std		ata		Source (Code	Confidence Code	·	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total transg	0.004		0	NC	4		0.001	0.003	
Fatty acids, total trans-monoenoicg	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoicg	0.004		0	NC	4		0.001	0.002	
Cholesterolmg	0	0.000	13		1		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.097		0	A	1		0.027	0.058	
Threonineg	0.250		0	A	1		0.071	0.150	
Isoleucineg	0.407		0	A	1		0.115	0.244	
Leucineg	0.757		0	A	1		0.215	0.454	
Lysineg	0.257		0	A	1		0.073	0.154	
Methionineg	0.177		0	A	1		0.050	0.106	
Cystineg	0.170		0	A	1		0.048	0.102	
Phenylalanineg	0.520		0	A	1		0.147	0.312	
Tyrosineg	0.324		0	A	1		0.092	0.194	
Valineg	0.480		0	A	1		0.136	0.288	
Arginineg	0.363		0	A	1		0.103	0.218	
Histidine	0.220		0	A	1		0.062	0.132	
Alanineg	0.340		0	A	1		0.096	0.204	
Aspartic acidg	0.597		0	A	1		0.169	0.358	
Glutamic acidg	3.647		0	A	1		1.034	2.188	
Glycineg	0.417		0	A	1		0.118	0.250	
Proline9	1.199		0	A	1		0.340	0.720	
Serineg									
Hydroxyprolineg									
Others:									
Alcohol, ethyl	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		Amou	int in 100 gram	s of edi	ble portion		Amount in edible portion of common			
			Num b	er			m	easures of fo	od	
					Source Conf	idence				
Nutrients and U	nite	Mean St	d. Error Point			ode	Measure 1	Measure 2	Measure	
Nati icitis and c		Wear O	u. <u> </u>				Wedsure 1	Medsure 2	WCasure .	
Proximates:										
Water	g	3.90	0.521 3		1		1.11	2.22		
Energy	kcal	362	0	NC	4		103	206		
Energy	kJ	1514	0	NC	4		429	863		
Protein (N x 5.8)	g	11.10	0.648 3		1		3.15	6.33		
Total lipid (fat)	g	2.60	0.623 3		1		0.74	1.48		
Ash		1.10	0.173 3		1		0.31	0.63		
Carbohydrate, by difference	-	81.30	0	NC	4		23.05	46.34		
Fiber, total dietary		7.7	0		4		2.2	4.4		
Sugars, total										
Starch	_									
Staten	9									
Minerals:										
Calcium, Ca	<u>m</u> g	28	3.055 3		1		8	16		
Iron, Fe	mg	2.69	0.411 3		1		0.76	1.53		
Magnesium, Mg	mg	30	1		1		9	17		
Phosphorus, P	mg	125	1		1		35	71		
Potassium, K	<u>mg</u>	430	2		1		122	245		
Sodium, Na	mg	203	2		1		58	116		
Zinc, Zn	mg	0.62	1		1		0.18	0.35		
Copper, Cu	mg	0.280	1		1		0.079	0.160		
Manganese, Mn	mg	2.662	1		4		0.755	1.517		
Selenium, Se	µg									
Vitamina										
Vitamins:	ma	1.0	1		4		0.3	0.6		
Vitamin C, total ascorbic acid	-	1.0	0.091 3		1			0.6		
Thiamin	-	0.440			1		0.125 0.082	0.251		
Riboflavin	-	0.291			1			0.166		
Niacin	_	6.537					1.853	3.726		
Pantothenic acid	-	0.812	1		4		0.230	0.463		
Vitamin B-6	_	0.274	1		4		0.078	0.156		
Folate, total		54	1		4		15	31		
Folic acid		0	0	Z	7		0	0		
Folate, food		54	1		4		15	31		
Folate, DFE		54	0	NC	4		15	31		
Choline, total	-									
Betaine	-									
Vitamin B-12		0.00	1		4		0.00	0.00		
Vitamin A, RAE		0	0	NC	4		0	0		
Retinol		0	0	Z	7		0	0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta										
Vitamin A, IU	JU	0	1		4		0	0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	pg									
Menaquinone-4	ua									

		Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food			
Nutrients and Units	Mea	an Sto			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated	g	0.560		0		1		0.159	0.319			
4:0	-											
6:0 8:0	-	0.000		3		1		0.000	0.000			
10:0	-	0.000		3		1		0.000	0.000			
12:0	· ·	0.030		3		1		0.009	0.017			
13:0 14:0	-	0.020		3		1		0.006	0.011			
15:0		0.020		3		1		0.006	0.011			
16:0		0.340		3		1		0.096	0.194			
17:0												
18:0		0.170		3		1		0.048	0.097			
20:0 22:0	-											
24:0	-											
Fatty acids, total monounsaturated		1.030		0		1		0.292	0.587			
14:1	-											
15:1 16:1 undifferentiated	-											
17:1	-											
18:1 undifferentiated	-	1.030		3		1		0.292	0.587			
20:1	-											
22:1 undifferentiated 24:1 c	-											
Fatty acids, total polyunsaturated	-	0.830		0		1		0.235	0.473			
18:2 undifferentiated	-	0.790		3		1		0.224	0.450			
18:3 undifferentiated	•	0.040		3		1		0.011	0.023			
18:4 20:2 n-6 c,c												
20:3 undifferentiated												
20:4 undifferentiated												
20:5 n-3 (EPA)	-											
21:5 22:4												
22:5 n-3 (DPA)	-											
22:6 n-3 (DHA)	-											
Fatty acids, total trans		_		_		_		_				
CholesterolPhytosterols	•	0		1		1		0	0			
•	9											
Amino Acids:	a	0.172		0		1		0.040	0.000			
TryptophanThreonine		0.325		0		1		0.049 0.092	0.098 0.185			
Isoleucine		0.412		0		1		0.117	0.235			
Leucine	.g	0.750		0		1		0.213	0.428			
Lysine		0.307		0		1		0.087	0.175			
Methionine Cystine		0.178 0.252		0		1 1		0.050 0.071	0.101 0.144			
Phenylalanine	=	0.523		0		1		0.148	0.144			
Tyrosine		0.328		0		1		0.093	0.187			
Valine	-	0.504		0		1		0.143	0.287			
Arginine	•	0.563		0		1		0.160	0.321			
HistidineAlanine	=	0.258		0		1		0.073 0.113	0.147 0.227			
Aspartic acid	-	0.592		0		1		0.168	0.337			
Glutamic acid		3.414		0		1		0.968	1.946			
Glycine		0.456		0		1		0.129	0.260			
Proline	=	1.140		0		1 1		0.323	0.650			
Serine	-	0.523		U		1		0.148	0.298			
11yu10xyp10iiiic	.9											

Snacks, pretzels, hard, whole-wheat including both salted and unsalted

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.5 Fat 8.5 Carbohydrate 3.7

Food Group: 25 Snacks

Refuse:0%

		<u>Am our</u>	t in 100 gr	am s	of edil	ole portion	<u>1</u>	Amount in e	dible portion	of common
			Num	ber					easures of fo	
						Source C	onfidence			
Nutrients and U	Inits	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	a	5.90	0.500	4		1		0.53	1.06	
Energy		380		0	NC	4		34	68	
Energy		1590				4		143	286	
Protein (N x 6.1)		9.00	0.698	4		1		0.81	1.62	
Total lipid (fat)	_	3.50	0.405	4		1		0.32	0.63	
Ash		1.60	0.121	4		1		0.14	0.29	
Carbohydrate, by difference	_	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary		3.8		0		4		0.3	0.7	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	ma	11	2.903	4		1		1	2	
Iron, Fe	_	1.14	0.188	4		1		0.10	0.21	
Magnesium, Mg	-	151	0.1200	1		1		14	27	
Phosphorus, P	_	380		1		1		34	68	
Potassium, K		299	10.966	4		1		27	54	
Sodium, Na	mg	116		1		1		10	21	
Zinc, Zn	mg	2.50		1		1		0.23	0.45	
Copper, Cu	mg	0.380		1		1		0.034	0.068	
Manganese, Mn	mg	6.180		1		1		0.556	1.112	
Selenium, Se	µg	16.4		0	FLM	4		1.5	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.056	0.010	4		1		0.005	0.010	
Riboflavin	mg	0.103	0.009	4		1		0.009	0.019	
Niacin	mg	8.096	1.129	4		1		0.729	1.457	
Pantothenic acid	mg	1.160		1		1		0.104	0.209	
Vitamin B-6	_	0.130		1		1		0.012	0.023	
Folate, total		21		1		1		2	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		21		1		1		2	4	
Folate, DFE		21		0	NC	4		2	4	
Choline, total	• • • • • • • • • • • • • • • • • • • •									
Betaine	• • • • • • • • • • • • • • • • • • • •	0.00		-		4		0.00	0.00	
Vitamin B-12		0.00		1	wa	4		0.00	0.00	
Vitamin A, RAERetinol		0		0	NC Z	4 7		0 0	0 0	
Carotene, beta		U		Ü	4	,		3	U	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		2		1		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone Menaquinone-4										

		Amount in	100 grams	of edib			dible portion of		
Nutrients and Units	Mea	n Std. Err			Source Conf Code C	idence ode	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	9	0.640	0		1		0.058	0.115	
4:0 6:0	-								
8:0	-	0.020	1		1		0.002	0.004	
10:0	-	0.010	1		1		0.001	0.002	
12:0	g	0.010	1		1		0.001	0.002	
13:0	-								
14:0 15:0		0.020	1		1		0.002	0.004	
16:0		0.510	1		1		0.046	0.092	
17:0									
18:0	g	0.050	1		1		0.005	0.009	
20:0	-								
22:0									
Fatty acids, total monounsaturated	•	1.110	0		1		0.100	0.200	
14:1									
15:1	•								
16:1 undifferentiated	-	0.020	1		1		0.002	0.004	
17:1	•	1.090	1		1		0.098	0.196	
20:1	•	1.050	_		-		0.036	0.190	
22:1 undifferentiated	-	0.010	1		1		0.001	0.002	
24:1 c	g								
Fatty acids, total polyunsaturated		1.110	0		1		0.100	0.200	
18:2 undifferentiated		1.050	1 1		1 1		0.095	0.189	
18:3 undifferentiated		0.070	1		1		0.006	0.013	
20:2 n-6 c.c.	-								
20:3 undifferentiated	-								
20:4 undifferentiated									
20:5 n-3 (EPA)	-								
21:5 22:4	-								
22:5 n-3 (DPA)									
22:6 n-3 (DHA)									
Fatty acids, total trans									
Cholesterol	3	0	1		4		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	•	0.125	0		1		0.011	0.023	
Threonine	_	0.340 0.358	0		1 1		0.031 0.032	0.061 0.064	
Isoleucine	•	0.638	0		1		0.032	0.064	
Lysine	•	0.414	0		1		0.037	0.075	
Methionine		0.152	0		1		0.014	0.027	
Cystine	•	0.137	0		1		0.012	0.025	
Phenylalanine	•	0.399	0		1		0.036	0.072	
Tyrosine	•	0.233	0		1 1		0.021	0.042	
Valine	_	0.489 0.677	0		1		0.044 0.061	0.088 0.122	
Histidine	•	0.218	0		1		0.020	0.039	
Alanine	_	0.517	0		1		0.047	0.093	
Aspartic acid	•	0.800	0		1		0.072	0.144	
Glutamic acid	_	1.568	0		1		0.141	0.282	
Glycine Proline	•	0.603 0.376	0		1 1		0.054 0.034	0.109 0.068	
Serine	•	0.467	0		1		0.034	0.084	
Hydroxyproline	_		-					<u>-</u>	

Snacks, rice cakes, brown rice, buckwheat

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		<u>Am our</u>	t in 100 gr	am s	of edil	<u>n</u>	Amount in edible portion of common			
			Num	nber					easures of fo	
						Source (Confidence			
Nutrients and U	Inits	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	a	5.90	0.500	4		1		0.53	1.06	
Energy		380	0.300	0	NC	4		34	68	
Energy		1590		Ü	NC	4		143	286	
Protein (N x 6.1)		9.00	0.698	4		1		0.81	1.62	
Total lipid (fat)		3.50	0.405	4		1		0.32	0.63	
Ash		1.60	0.121	4		1		0.14	0.63	
Carbohydrate, by difference	-	80.10	0.121	0	NC	4		7.21	14.42	
		80.10		U	NC	4		7.21	14.42	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	<u>mg</u>	11	2.903	4		1		1	2	
Iron, Fe	mg	1.14	0.188	4		1		0.10	0.21	
Magnesium, Mg	mg	151		1		1		14	27	
Phosphorus, P	mg	380		1		1		34	68	
Potassium, K	mg	299	10.966	4		1		27	54	
Sodium, Na	-	4		0		1		0	1	
Zinc, Zn	•	2.50		1		1		0.23	0.45	
Copper, Cu		0.380		1		1		0.034	0.068	
Manganese, Mn		6.180		1		1		0.556	1.112	
Selenium, Se	µg	16.4		0	BFZN	4		1.5	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.056	0.010	4		1		0.005	0.010	
Riboflavin	mg	0.103	0.009	4		1		0.009	0.019	
Niacin	mg	8.096	1.129	4		1		0.729	1.457	
Pantothenic acid	mg	1.160		1		1		0.104	0.209	
Vitamin B-6	mg	0.130		1		1		0.012	0.023	
Folate, total	µg	21		1		1		2	4	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	21		1		1		2	4	
Folate, DFE	µg	21		0	NC	4		2	4	
Choline, total	mg									
Betaine	• • • • • • • • • • • • • • • • • • • •									
Vitamin B-12	µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta				_				_		
Vitamin A, IU		0		2		1		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

		Amount in 10	00 grams Number			dible portion o			
Nutrients and Units	Mea	n Std. Erro	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	•	0.640	0		1		0.058	0.115	
4:0 6:0	-								
8:0	•	0.020	1		1		0.002	0.004	
10:0	.g	0.010	1		1		0.001	0.002	
12:0		0.010	1		1		0.001	0.002	
13:0	-	0.000	-		1		0.000	0.004	
14:0 15:0		0.020	1		1		0.002	0.004	
16:0		0.510	1		1		0.046	0.092	
17:0			_		_			*****	
18:0		0.050	1		1		0.005	0.009	
20:0									
22:0									
24:0Fatty acids, total monounsaturated		1.110	0		1		0.100	0.200	
14:1		1.110	U		_		0.100	0.200	
15:1	-								
16:1 undifferentiated	.g	0.020	1		1		0.002	0.004	
17:1	•								
18:1 undifferentiated	_	1.090	1		1		0.098	0.196	
20:1	-	0.010	1		1		0.001	0.002	
22:1 undifferentiated 24:1 c	•	0.010	_		1		0.001	0.002	
Fatty acids, total polyunsaturated		1.110	0		1		0.100	0.200	
18:2 undifferentiated		1.050	1		1		0.095	0.189	
18:3 undifferentiated	-	0.070	1		1		0.006	0.013	
18:4	.g								
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated 20:5 n-3 (EPA)									
20:5 n-3 (EPA)	_								
22:4	_								
22:5 n-3 (DPA)									
22:6 n-3 (DHA)	_								
Fatty acids, total trans	-								
Cholesterol		0	1		4		0	0	
Phytosterols	.mg								
Amino Acids:									
Tryptophan	-0	0.125	0		1		0.011	0.023	
Threonine	•	0.340	0		1		0.031	0.061	
Isoleucine	.0	0.358	0		1		0.032	0.064	
Leucine		0.638	0		1		0.057	0.115	
Lysine	•	0.414	0		1 1		0.037 0.014	0.075	
Methionine Cystine		0.152 0.137	0		1		0.014	0.027 0.025	
Phenylalanine	•	0.399	0		1		0.036	0.023	
Tyrosine	•	0.233	0		1		0.021	0.072	
Valine	•	0.489	0		1		0.044	0.088	
Arginine	•	0.677	0		1		0.061	0.122	
Histidine		0.218	0		1		0.020	0.039	
Alanine	•	0.517	0		1		0.047	0.093	
Aspartic acid	•	0.800	0		1		0.072	0.144	
Glutamic acid		1.568	0		1		0.141	0.282	
Glycine	•	0.603	0		1		0.054	0.109	
Proline		0.376 0.467	0		1 1		0.034 0.042	0.068	
Serine	•	0.40/	U		1		0.042	0.084	
пушохургоние	.y								

Snacks, rice cakes, brown rice, buckwheat, unsalted

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate4

Food Group: 25 Snacks

Menaquinone-4.....µg

Refuse:0%

		<u>Am</u>	ount in 100 g	rams	of edi	ble portion		Amount in e	edible portion	of common
			Nu	m be	r				easures of fo	
						Source Confid	lence	_		_
Nutrients and Un	nits	Mean	Std. Error Po					Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	5.90	0.612			1		0.53	1.06	
Energy		385		0	NC	4		35	69	
Energy		1611		0		4		145	290	
Protein (N x 6.1)		8.40				1		0.76	1.51	
Total lipid (fat)		3.20				1		0.29	0.58	
Ash	-	1.40				1		0.13	0.25	
Carbohydrate, by difference		81.20)	0	NC	4		7.31	14.62	
Fiber, total dietary		2.9		1		1		0.3	0.5	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	-	9		2		1		1	2	
Iron, Fe		1.17	7	2		1		0.11	0.21	
Magnesium, Mg		114		1		1		10	21	
Phosphorus, P		320		1		1		29	58	
Potassium, K	-	275		2	_	1		25	50	
Sodium, Na	-	167		0	T	4		15	30	
Zinc, Zn	-	2.22		1		1 1		0.20	0.40	
Copper, Cu	•	0.42		1 1		1		0.038	0.076	
Manganese, Mn		5.08	30			1		0.457	0.914	
Selenium, Se	µg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0	
Thiamin		0.08		2		1		0.007	0.014	
Riboflavin	-	0.10		2		1		0.009	0.019	
Niacin	-	6.43		2		1		0.579	1.158	
Pantothenic acid	-	0.93 0.14		1 1		1 1		0.084 0.013	0.167	
Vitamin B-6	-		ŧU	1		1		0.013	0.025	
Folate, total		19 0		0	-	7			3	
Folic acid		0 19		1	Z	1		0 2	0 3	
Folate, food		19		0	NC	4		2	3	
Folate, DFE Choline, total		19		U	NC	4		2	3	
Betaine										
Vitamin B-12		0.00	1	1		4		0.00	0.00	
Vitamin A. RAE		0	,	0	NC	4		0	0.00	
Retinol		0		0	Z	7		0	0	
Carotene, beta		· ·		·	-	•		· ·	v	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		0		1		1		0	0	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									

	Amount in 1	00 grams of edi		Amount in edible portion of common measures of food			
		Number		<u>m</u>	easures of foo	<u>od</u>	
Nutrients and Units	Mean Std.Erro	of Data Deriv or Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturatedg	0.630	0	1	0.057	0.113		
4:0g							
6:0g							
8:0g 10:0g							
12:0g	0.000	1	1	0.000	0.000		
13:0g							
14:0g	0.010	1	1	0.001	0.002		
15:0g							
16:0g	0.540	1	1	0.049	0.097		
17:0g 18:0g	0.060	1	1	0.005	0.011		
20:0g	0.000	-	-	0.003	0.011		
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	1.140	0	1	0.103	0.205		
14:1g							
15:1g 16:1 undifferentiatedg	0.010	1	1	0.001	0.002		
16:1 undifferentiated	0.010	1	1	0.001	0.002		
18:1 undifferentiatedg	1.130	1	1	0.102	0.203		
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	1.130	0	1	0.102	0.203		
18:2 undifferentiated	1.090 0.050	1	1 1	0.098 0.005	0.196 0.009		
18:4g	0.030	-	_	0.003	0.003		
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3 (EPA)g							
21:5g 22:4g							
22:5 n-3 (DPA)g							
22:6 n-3 (DHA)g							
Fatty acids, total transg							
Cholesterolmg	0	1	4	0	0		
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.092	0	1	0.008	0.017		
Threonineg	0.306	0	1	0.028	0.055		
Isoleucineg	0.337	0	1	0.030	0.061		
Leucine	0.781 0.293	0 0	1 1	0.070 0.026	0.141		
Lysine	0.183	0	1	0.026	0.053 0.033		
Cystineg	0.114	0	1	0.010	0.021		
Phenylalanineg	0.423	0	1	0.038	0.076		
Tyrosineg	0.319	0	1	0.029	0.057		
Valineg	0.469	0	1	0.042	0.084		
Arginineg	0.569	0	1	0.051	0.102		
Histidine	0.223	0 0	1 1	0.020	0.040		
Alanineg Aspartic acidg	0.524 0.721	0	1	0.047 0.065	0.094 0.130		
Asparue acid	1.655	0	1	0.065	0.130		
Glycine	0.390	0	1	0.035	0.070		
Prolineg	0.485	0	1	0.044	0.087		
Serineg	0.420	0	1	0.038	0.076		
Hydroxyprolineg							

Snacks, rice cakes, brown rice, corn

Common Measures: Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

Refuse:0%

		<u>Am ou</u>	nt in 100 gra	ms of ed	ble portion	Amount in edible portion of common			
			Num	ber		m	easures of fo	od	
					Source Confiden	ce			
Nutrients and U	Inits	Mean Sto	d. Error Poir			Measure 1	Measure 2	Measure 3	
- Hattionto and o						ouou.o		mouou.o	
Proximates:									
Water	g	6.30	0.193	10	1	0.57	1.13		
Energy	kcal	387		0 NC	4	35	70		
Energy	kJ	1619			4	146	291		
Protein (N x 5.9)	g	8.50	0.227	10	1	0.77	1.53		
Total lipid (fat)	g	3.50	0.342	10	1	0.32	0.63		
Ash		1.60	0.107	10	1	0.14	0.29		
Carbohydrate, by difference	-	80.10		0 NC	4	7.21	14.42		
Fiber, total dietary		3.0		0	4	0.3	0.5		
Sugars, total					_		****		
Starch	-								
	9								
Minerals:			2 2 2 2	1.0		•			
Calcium, Ca	-	21	3.261		1	2	4		
Iron, Fe	-	1.96	0.191		1	0.18	0.35		
Magnesium, Mg		137		4	1	12	25		
Phosphorus, P	-	370		4	1	33	67		
Potassium, K	-	294		8	1	26	53		
Sodium, Na	-	252		3	1	23	45		
Zinc, Zn	-	2.53		4	1	0.23	0.46		
Copper, Cu	-	0.427		3	1	0.038	0.077		
Manganese, Mn Selenium, Se		5.220	0.160	3	1	0.470	0.940		
Scientini, Sc									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	1	0.0	0.0		
Thiamin	mg	0.067	0.017	8	1	0.006	0.012		
Riboflavin	mg	0.184	0.041	8	1	0.017	0.033		
Niacin	mg	6.602	0.284	7	1	0.594	1.188		
Pantothenic acid	mg	1.002		4	1	0.090	0.180		
Vitamin B-6	mg	0.137	0.008	4	1	0.012	0.025		
Folate, total	µg	20		4	1	2	4		
Folic acid		0		0 z	7	0	0		
Folate, food		20		4	1	2	4		
Folate, DFE	µg	20		0 NC	4	2	4		
Choline, total	mg								
Betaine	mg								
Vitamin B-12	µg	0.00		1	4	0.00	0.00		
Vitamin A, RAE	µg	0		0 NC	4	0	0		
Retinol	µg	0		0 Z	7	0	0		
Carotene, beta	µg								
Carotene, alpha	µg								
Cryptoxanthin, beta	µg								
Vitamin A, IU	<u>JU</u>	0		1	1	0	0		
Lycopene	µg								
Lutein + zeaxanthin	µg								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	µg								

	<u>A</u>	mount in	100 grams	Amount in edible portion of common				
			Num ber		N (1)		easures of foc	
Nutrients and Units	Mean	Std. Er		Deriv Source C Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 0.	560	0	1		0.050	0.101	
4:0 6:0	.g							
8:0 10:0	.g 0.	000	1	1		0.000	0.000	
12:0 13:0	.g	000	1	1		0.000	0.000	
14:0 15:0	.g	010	1	1		0.001	0.002	
16:0 17:0	.g	460	1	1		0.041	0.083	
18:0 20:0 22:0	.g	080	1	1		0.007	0.014	
24:0Fatty acids, total monounsaturated	.g .g 1.	160	0	1		0.104	0.209	
14:1 15:1 16:1 undifferentiated	.g	010	1	1		0.001	0.002	
17:1	•	150	1	1		0.104	0.207	
20:1	.g	000	1	1		0.000	0.000	
24:1 cFatty acids, total polyunsaturated	.g 1.	44 0 000	0 1	1 1		0.130	0.259	
18:3 undifferentiated	.g 0.	440	1	1		0.090 0.040	0.180 0.079	
18:4	.g							
20:5 undifferentiated	.g							
21:5 22:4	.g							
22:5 n-3 (DPA) 22:6 n-3 (DHA)	.g							
Fatty acids, total trans	.g		0	4		0	0	
Phytosterols	. 0							
Amino Acids:	a 0	107	0	1		0.010	0.010	
Tryptophan Threonine	•	303	0	1		0.010	0.019 0.055	
Isoleucine		351	0	1		0.032	0.063	
Leucine	.g 0.	682	0	1		0.061	0.123	
Lysine	.g 0.	313	0	1		0.028	0.056	
Methionine	.g 0.	182	0	1		0.016	0.033	
Cystine	•	107	0	1		0.010	0.019	
Phenylalanine	•	424	0	1		0.038	0.076	
Tyrosine	•	299	0	1		0.027	0.054	
Valine	•	481	0	1		0.043	0.087	
Arginine	•	624	0	1		0.056	0.112	
Histidine	•	208 484	0	1		0.019 0.044	0.037	
Alanine	•	484 771	0	1		0.044	0.087	
Aspartic acid	•	771	0	1		0.069	0.139 0.309	
Glutamic acid	.0	409	0	1		0.134	0.309	
Proline	•	409	0	1		0.037	0.074	
Serine	•	427	0	1		0.038	0.077	
Hydroxyproline	•							

Snacks, rice cakes, brown rice, multigrain

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

Refuse:0%

Menaquinone-4.....µg

		<u>Am our</u>	nt in 100 gr	am s	of edil	ole portion	Amount in e	dible portion	of common
			Nun	nber				easures of fo	
						Source Confidence	_		
Nutrients and U	nits	Mean Sto	I. Error Po				Measure 1	Measure 2	Measure 3
Ducyimator									
Proximates: Water	g	6.30	0.193	10		1	0.57	1.13	
Energy	-	387		0	NC	4	35	70	
Energy		1619				4	146	291	
Protein (N x 5.9)		8.50	0.227	10		1	0.77	1.53	
Total lipid (fat)	g	3.50	0.342	10		1	0.32	0.63	
Ash	g	1.60	0.107	10		1	0.14	0.29	
Carbohydrate, by difference	g	80.10		0	NC	4	7.21	14.42	
Fiber, total dietary									
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	21	3.261	10		1	2	4	
Iron. Fe		1.96	0.191	10		1	0.18	0.35	
Magnesium, Mg	mg	137	4.021	4		1	12	25	
Phosphorus, P		370	16.833	4		1	33	67	
Potassium, K	mg	294	19.023	8		1	26	53	
Sodium, Na	<u>mg</u>	4		0		1	0	1	
Zinc, Zn	mg	2.53	0.184	4		1	0.23	0.46	
Copper, Cu		0.427	0.033	3		1	0.038	0.077	
Manganese, Mn	-	5.220	0.160	3		1	0.470	0.940	
Selenium, Se	µg	20.0		0	CAZN	4	1.8	3.6	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0.000	4		1	0.0	0.0	
Thiamin	mg	0.067	0.017	8		1	0.006	0.012	
Riboflavin	mg	0.184	0.041	8		1	0.017	0.033	
Niacin	=	6.602	0.284	7		1	0.594	1.188	
Pantothenic acid	-	1.002	0.039	4		1	0.090	0.180	
Vitamin B-6	=	0.137	0.008	4		1	0.012	0.025	
Folate, total		20	2.723	4	_	1	2	4	
Folic acid		0	0 500	0	Z	7	0	0	
Folate, food		20 20	2.723	4 0	NC	1 4	2 2	4 4	
Folate, DFE		20		U	NC	4	2	4	
Choline, totalBetaine	_								
Vitamin B-12		0.00		1		4	0.00	0.00	
Vitamin A, RAE		0		0	NC	4	0	0	
Retinol		0		0	Z	7	0	0	
Carotene, beta		-		-	_		-	·	
Carotene, alpha									
Cryptoxanthin, beta									
Vitamin A, IU		0		1		1	0	0	
Lycopene	µg								
Lutein + zeaxanthin	µg								
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone	µy								

		Amount in	100 grams of	edible portion		dible portion o	
Nutrients and Units	Mea	n Std. Err	of Data De or Points Co	riv Source Confidence ode Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	α	0.560	0	1	0.050	0.101	
4:0 6:0	g g						
8:0 10:0 12:0	g	0.000	1 1	1 1	0.000	0.000	
13:0 14:0	9	0.010	1	1	0.001	0.002	
15:0 16:0 17:0	g	0.460	1	1	0.041	0.083	
18:0 20:0	g	0.080	1	1	0.007	0.014	
22:0 24:0 Fatty acids, total monounsaturated	g	1.160	0	1	0.104	0.209	
14:1	g	1.100	Ü	-	0.104	0.209	
16:1 undifferentiated	9	0.010	1	1	0.001	0.002	
18:1 undifferentiated	g	1.150 0.000	1 1	1 1	0.104 0.000	0.207 0.000	
24:1 cFatty acids, total polyunsaturated	g	1.440	0	1	0.130	0.259	
18:2 undifferentiated	g	1.000 0.440	1 1	1	0.090 0.040	0.180 0.079	
20:2 n-6 c,c 20:3 undifferentiated	g g						
20:4 undifferentiated	g						
22:4 22:5 n-3 (DPA)	g						
22:6 n-3 (DHA) Fatty acids, total trans Cholesterol	g	0	0	4	0	0	
Phytosterols Amino Acids:	mg						
Tryptophan	g	0.107	0	1	0.010	0.019	
Threonine	•	0.303	0	1	0.027	0.055	
Isoleucine	•	0.351	0	1	0.032	0.063	
Leucine	•	0.682	0	1	0.061	0.123	
Lysine		0.313	0	1 1	0.028	0.056	
Methionine	•	0.182 0.107	0	1	0.016 0.010	0.033 0.019	
CystinePhenylalanine	0	0.107	0	1	0.010	0.019	
Tyrosine	•	0.424	0	1	0.038	0.054	
Valine	•	0.481	0	1	0.027	0.034	
Arginine	•	0.624	0	1	0.056	0.007	
Histidine	•	0.208	0	1	0.019	0.037	
Alanine	•	0.484	0	1	0.044	0.087	
Aspartic acid	•	0.771	0	1	0.069	0.139	
Glutamic acid		1.714	0	1	0.154	0.309	
Glycine		0.409	0	1	0.037	0.074	
Proline	•	0.409	0	1	0.037	0.074	
Serine	•	0.427	0	1	0.038	0.077	
Hydroxyproline	g						

Snacks, rice cakes, brown rice, multigrain, unsalted

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

Refuse:0%

		<u>Am ou</u>	nt in 100 gı	ams	ot edil	pie portic	<u>on</u>	Amount in e	dible portion	of common
			Nur	n ber					easures of fo	
						Source	Confidence	_		•
Nutrionto and Un	ito	Mean Sto	d.Error Po				Code	Magaura 1	Magaura 2	Magaura
Nutrients and Un	its	wean St	a. Error	mits	Coue	Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	5.80	0.420	10		1		0.52	1.04	
Energy	kcal	387		0	NC	4		35	70	
Energy	kJ	1619		0		4		146	291	
Protein (N x 5.95)	g	8.20	0.431	10		1		0.74	1.48	
Total lipid (fat)	g	2.80	0.340	10		1		0.25	0.50	
Ash	g	1.70	0.188	10		1		0.15	0.31	
Carbohydrate, by difference	g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary		4.2		0		4		0.4	0.8	
Sugars, total		0.88		0	0	4		0.08	0.16	
Starch										
Minerals:										
Calcium, Ca	-	11	1.255	9		1		1	2	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.49	0.124	9		1		0.13	0.27	
Magnesium, Mg		131		2		1		12	24	
Phosphorus, P		360		2		1		32	65	
Potassium, K	-	290	21.258	6		1		26	52	
Sodium, Na		26		0		1		2	5	
Zinc, Zn	-	3.00		2		1 1		0.27	0.54	
Copper, Cu		0.445 3.730		_		4		0.040	0.080	
Manganese, Mn	-	24.6		1 0	BFZN	4		0.336 2.2	0.671 4.4	
Selenium, Se	µg	24.0		U	BFZN	4		2.2	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4		1		0.0	0.0	
Thiamin	mg	0.061	0.012	9		1		0.005	0.011	
Riboflavin	mg	0.165	0.036	8		1		0.015	0.030	
Niacin	mg	7.806	0.419	7		1		0.703	1.405	
Pantothenic acid	mg	1.000		2		1		0.090	0.180	
Vitamin B-6	mg	0.150		2		1		0.014	0.027	
Folate, total	µg	21		2		1		2	4	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	21		2		1		2	4	
Folate, DFE	µg	21		0	NC	4		2	4	
Choline, total	mg	31.6		0	NR	4		2.8	5.7	
Betaine	mg									
Vitamin B-12	µg	0.00		2		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta		0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		0		0	AS	1		0	0	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		1.24		0	0	4		0.11	0.22	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma	-									
Tocotrienol, delta		0.0		0		7		0 0	0.0	
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D		0		0	z o	7		0	0	
Vitamin K (phylloquinone) Dihydrophylloquinone		1.9		0	O	4		0.2	0.3	

	<u>A</u> 1	mount in 1	00 gram s	of edi	Amount in edible portion of common				
			Number				'	easures of foo	
					Source	Confidence	<u></u>		<u> </u>
Nestria nta and Heita	Maan	Std. Erro				Confidence Code	M 4	Mass 2	M 2
Nutrients and Units	Mean	Sta. Erro	r Folitis	Coue	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	a 0.	570	0		1		0.051	0.103	
4:0	0	000	0		1		0.000	0.000	
6:0		000	0		1		0.000	0.000	
8:0	g 0.	000	0		1		0.000	0.000	
10:0	g 0.	000	0		1		0.000	0.000	
12:0	g 0.	000	1		1		0.000	0.000	
13:0	-								
14:0	-	010	1		1		0.001	0.002	
15:0	-	400			1				
16:0 17:0	0	480	1		1		0.043	0.086	
18:0		050	1		1		0.005	0.009	
20:0		030	-		-		0.005	0.005	
22:0									
24:0	-								
Fatty acids, total monounsaturated	g 1.	030	0		1		0.093	0.185	
14:1	g								
15:1									
16:1 undifferentiated		010	1		1		0.001	0.002	
17:1			_		_				
18:1 undifferentiated	-	020	1 0		1 1		0.092	0.184	
20:1	-	000 000	0		1		0.000	0.000 0.000	
24:1 c	-	000	U		1		0.000	0.000	
Fatty acids, total polyunsaturated	-	990	0		1		0.089	0.178	
18:2 undifferentiated	0	970	1		1		0.087	0.175	
18:3 undifferentiated	0	010	1		1		0.001	0.002	
18:4	-	000	0		1		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated		000	0		1		0.000	0.000	
20:5 n-3 (EPA)	-	000	0		1		0.000	0.000	
21:5	-								
22:4			•				0.000	0.000	
22:5 n-3 (DPA)	0	000 000	0		1 1		0.000	0.000	
22:6 n-3 (DHA)	0	000	U		_		0.000	0.000	
Cholesterol			1		4		0	0	
Phytosterols			_		-		-	-	
•	•								
Amino Acids:	_		•		_				
Tryptophan		104	0		1 1		0.009 0.027	0.019	
Threonine Isoleucine		299 346	0		1		0.027	0.054 0.062	
Leucine	0	675	0		1		0.031	0.062	
Lysine	0	311	0		1		0.028	0.056	
Methionine		184	0		1		0.017	0.033	
Cystine		099	0		1		0.009	0.018	
Phenylalanine		421	0		1		0.038	0.076	
Tyrosine		306	0		1		0.028	0.055	
Valine	g 0.	479	0		1		0.043	0.086	
Arginine	g 0.	618	0		1		0.056	0.111	
Histidine	0	207	0		1		0.019	0.037	
Alanine	0	476	0		1		0.043	0.086	
Aspartic acid	0	764	0		1		0.069	0.138	
Glutamic acid	0	662	0		1		0.150	0.299	
Glycine		402	0		1		0.036	0.072	
Proline		383	0		1 1		0.034	0.069	
Serine		422	U		1		0.038	0.076	
	∌								
Others:	a •	0	^		-		2.2	2 2	
Alcohol, ethyl	-	U	0	_	7		0.0	0.0	
Caffeine	mg 0		0	Z	7		0	0	

Snacks, rice cakes, brown rice, plain, unsalted

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate4.12

Food Group: 25 Snacks

Menaquinone-4.....µg

Refuse:0%

		Amo	ount in 100 gr	ams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
			Nun	n be r	•				easures of fo	
						Source C	Confidence			
Nutrients and Un	its	Mean	Std. Error Po				Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	-	6.80	0.164			1		0.61	1.22	
Energy	kcal	386		0	NC	4		35	69	
Energy	kJ	1615				4		145	291	
Protein (N x 5.9)	g	8.10	0.279	3		1		0.73	1.46	
Total lipid (fat)	g	3.80	0.219	3		1		0.34	0.68	
Ash	g	1.50	0.194	3		1		0.14	0.27	
Carbohydrate, by difference	g	79.90		0	NC	4		7.19	14.38	
Fiber, total dietary	g	4.0		1		1		0.4	0.7	
Sugars, total	g									
Starch	-									
Minerals:										
	m.c	01		2		-		•	4	
Calcium, Ca	-	21		2		1 1		2	4	
Iron, Fe	-	1.80		2 1		1		0.16	0.32 26	
Magnesium, Mg		144						13	26 68	
Phosphorus, P		380		1		1		34		
Potassium, K	-	311		2		1		28	56	
Sodium, Na	-	110		1		1		10	20	
Zinc, Zn	-	3.00	•	1		1		0.27	0.54	
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.39		1		1		0.035	0.070	
Manganese, Mn	-	2.97	/	1		4		0.268	0.536	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.09	1	2		1		0.008	0.016	
Riboflavin	mg	0.09	0	2		1		0.008	0.016	
Niacin	mg	7.04	0	2		1		0.634	1.267	
Pantothenic acid	mg	1.11	0	1		4		0.100	0.200	
Vitamin B-6	-	0.15	0	1		1		0.014	0.027	
Folate, total	_	5		1		1		0	1	
Folic acid		0		0	z	7		0	0	
Folate, food		5		1		1		0	1	
Folate, DFE		5		0	NC	4		0	1	
Choline, total										
Betaine										
Vitamin B-12		0.00		1		1		0.00	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Carotene, beta									-	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		3		1		4		0	1	
Lycopene		•		_		-		· ·	_	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
2 inydrophynoddinolic										

		Amount in 1	00 grams of Number	edible portion		dible portion o	
Nutrients and Units	Mea	n Std. Erro	of Data De r Points Co	eriv Source Confidence ode Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	.g	0.580	0	1	0.052	0.104	
4:0	.g .g						
10:0	.g	0.000	1	1	0.000	0.000	
13:0 14:0	-	0.010	1	1	0.001	0.002	
15:0 16:0	-	0.450	1	1	0.041	0.081	
17:0 18:0	-	0.110	1	1	0.010	0.020	
20:0 22:0	.g						
24:0 Fatty acids, total monounsaturated 14:1	.g	1.310	0	1	0.118	0.236	
15:1 16:1 undifferentiated	.g .g	0.010	1	1	0.001	0.002	
17:118:1 undifferentiated	.g	1.300	1	1	0.117	0.234	
20:1	.g	0.000	1	1	0.000	0.000	
24:1 cFatty acids, total polyunsaturated	-	1.550	0	1	0.140	0.279	
18:2 undifferentiated		1.490	1	1	0.134	0.268	
18:3 undifferentiated		0.060	1	1	0.005	0.011	
20:2 n-6 c,c							
20:3 undifferentiated 20:4 undifferentiated							
20:5 n-3 (EPA)							
21:5	-						
22:4 22:5 n-3 (DPA)							
22:6 n-3 (DFA)							
Fatty acids, total trans							
Cholesterol	. 0	0	1	4	0	0	
Phytosterols	.mg						
Amino Acids:	~	0 000	•				
Tryptophan Threonine	.0	0.097 0.294	0 0	1 1	0.009 0.026	0.017 0.053	
Isoleucine		0.328	0	1	0.030	0.059	
Leucine		0.621	0	1	0.056	0.112	
Lysine		0.316	0	1	0.028	0.057	
Methionine	.g	0.165	0	1	0.015	0.030	
Cystine	.g	0.127	0	1	0.011	0.023	
Phenylalanine	•	0.399	0	1	0.036	0.072	
Tyrosine	•	0.261	0	1	0.023	0.047	
Valine	•	0.451	0	1	0.041	0.081	
Arginine		0.553	0 0	1 1	0.050	0.100	
HistidineAlanine	•	0.204 0.443	0	1	0.018 0.040	0.037 0.080	
Aspartic acid	•	0.443 0.716	0	1	0.040	0.080	
Glutamic acid	•	1.769	0	1	0.159	0.318	
Glycine	•	0.392	0	1	0.035	0.071	
Proline	•	0.531	0	1	0.048	0.096	
Serine	.g	0.402	0	1	0.036	0.072	
Hydroxyproline	.g						

Snacks, rice cakes, brown rice, rye

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.3 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

Refuse:0%

		<u>Am our</u>	t in 100 gr	am s	of edil	ble portic	<u>on</u>	Amount in edible portion of common			
			Nun	nber					easures of fo		
			of I	Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean Std	. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	5.90	0.318	7		1		0.53	1.06		
Energy	kcal	392		0	NC	4		35	71		
Energy	kJ	1640				4		148	295		
Protein (N x 5.9)	g	7.60	0.325	7		1		0.68	1.37		
Total lipid (fat)		3.80	0.241	7		1		0.34	0.68		
Ash		1.20	0.163	7		1		0.11	0.22		
Carbohydrate, by difference	g	81.50		0	NC	4		7.34	14.67		
Fiber, total dietary		5.4		0		1		0.5	1.0		
Sugars, total				-		_					
Starch	-										
Minerals:											
Calcium, Ca	ma	12	1.779	6		1		1	2		
Iron, Fe	_	1.58	0.248	6		1		0.14	0.28		
Magnesium, Mg		136	0.240	2		1		12	24		
Phosphorus, P		375		2		1		34	68		
Potassium, K		290	13.163	6		1		26	52		
Sodium, Na	_	227	13.103	2		1		20	41		
Zinc, Zn	_	3.00		2		1		0.27	0.54		
Copper, Cu		0.390		2		1		0.035	0.070		
Manganese, Mn		4.299		1		4		0.387	0.774		
Selenium, Se		24.1		0	FLM	4		2.2	4.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	3.0		1		4		0.3	0.5		
Thiamin	_	0.048	0.011	5		1		0.004	0.009		
Riboflavin	_	0.085	0.013	6		1		0.008	0.015		
Niacin		7.205	0.632	4		1		0.648	1.297		
Pantothenic acid	-	1.461		1		4		0.131	0.263		
Vitamin B-6	_	0.155		2		1		0.014	0.028		
Folate, total	_	18		2		1		2	3		
Folic acid		0		0	z	7		0	0		
Folate, food		18		2	_	1		2	3		
Folate, DFE		18		0	NC	4		2	3		
Choline, total				•		-		-	3		
Betaine	_										
Vitamin B-12		0.00		2		1		0.00	0.00		
Vitamin A. RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		0		2		1		0	0		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg										
Vitamin D											
Vitamin K (phylloquinone)	µg										
Dihydrophylloquinone	µg										
Menaquinone-4	µg										

Nutrients and Units		<u>A</u>	mount in 1	00 grams	Amount in edible portion of common			
Nutrients and Units						<u>m</u>		
40	Nutrients and Units	Mean	Std. Erro				Measure 2	Measure 3
60	Fatty acids, total saturated	g 0.	540	0	1	0.049	0.097	
100		-						
12-0.		•						
13.0		-	000	1	1	0 000	0 000	
15-0		•		-	-	0.000	0.000	
16.0		-	010	1	1	0.001	0.002	
17-0		•		_	_			
18.0		-	430	1	1	0.039	0.077	
200		-	080	1	1	0.007	0.014	
240		-						
Faty acids, total monomistrated		-						
1-1-			100	0	1	0 000	0.100	
15-1	•		100	U	1	0.099	0.198	
17-1								
18.1 undifferentiated.	16:1 undifferentiated	g 0.	010	1	1	0.001	0.002	
201		-			_			
22-1 undifferentiated								
Patty acids, total polyunsaturated. 9		-	000	_	•	0.000	0.000	
18.2 undifferentiated.		-						
18:3 undifferentiated. 9	Fatty acids, total polyunsaturated	g 1.	150	0	1		0.207	
18:4.		-						
20.2 n o c c c		•	040	1	1	0.004	0.007	
203 undifferentiated								
20.5 n.3 (EPA)								
21:5	20:4 undifferentiated	g						
22:4								
22:5 n-3 (DPA) 9 22:6 n-3 (DHA) 9 Fatty acids total trans 9 Cholesterol. mg 0 1 4 0 0 Phytosterols. Mmg Variables Tryptophan 9 0.100 0 1 0.009 0.018 Threonine 9 0.279 0 1 0.025 0.050 Isoleucine 9 0.321 0 1 0.025 0.050 Isoleucine 9 0.625 0 1 0.029 0.058 Leucine 9 0.288 0 1 0.026 0.052 Methionine 9 0.288 0 1 0.016 0.031 Cystine 9 0.391 0 1 0.016 0.031 Cystine 9 0.391 0 1 0.026 0.051 Valine 9 0.286 0 1 0.026 0.051 Valine								
22:6 n-3 (DHA) 9 Fatty acids, total trans 9 Cholesterol mg 0 1 4 0 0 Phytosterols mg Amino Acids: Tryptophan 9 0.100 0 1 0.009 0.018 Tryptophan 9 0.279 0 1 0.025 0.050 Including the properties of the properti								
Cholesterol. mg mg mg mg mg mg mg m								
Phytosterols. Mg	Fatty acids, total trans	g						
Amino Acids: Tryptophan. 9 0.100 0 1 0.009 0.018 Threonine. 9 0.279 0 1 0.025 0.050 Isoleucine. 9 0.321 0 1 0.029 0.058 Leucine. 9 0.625 0 1 0.056 0.113 Lysine. 9 0.288 0 1 0.026 0.052 Methionine. 9 0.174 0 1 0.016 0.031 Cystine. 9 0.094 0 1 0.008 0.017 Phenylalanine. 9 0.391 0 1 0.035 0.070 Tyrosine. 9 0.286 0 1 0.026 0.051 Valine. 9 0.444 0 1 0.040 0.080 Arginine. 9 0.595 0 1 0.054 0.107 Histidine. 9 0.193 0 1				1	4	0	0	
Tryptophan 9 0.100 0 1 0.009 0.018 Threonine 9 0.279 0 1 0.025 0.050 Isoleucine 9 0.321 0 1 0.029 0.058 Leucine 9 0.625 0 1 0.026 0.058 Leysine 9 0.625 0 1 0.056 0.113 Lysine 9 0.288 0 1 0.026 0.052 Methionine 9 0.174 0 1 0.016 0.031 Cystine 9 0.094 0 1 0.008 0.017 Phenylalanine 9 0.391 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.026 0.051 Valine 9 0.444 0 1 0.040 0.080 <td>Phytosterols</td> <td>mg</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Phytosterols	mg						
Threonine 9 0.279 0 1 0.025 0.050 Isoleucine 9 0.321 0 1 0.029 0.058 Leucine 9 0.625 0 1 0.056 0.113 Lysine 9 0.288 0 1 0.026 0.052 Methonine 9 0.174 0 1 0.016 0.031 Cystine 9 0.094 0 1 0.008 0.017 Phenylalanine 9 0.391 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.035 0.070 Tyrosine 9 0.444 0 1 0.026 0.051 Valine 9 0.444 0 1 0.040 0.080 Arginine 9 0.193 0 1 0.017 0.035 Alanine 9 0.193 0 1 0.040 0.079	Amino Acids:							
Soleucine	** *	~						
Leucine		•						
Lysine 9 0.288 0 1 0.026 0.052 Methionine 9 0.174 0 1 0.016 0.031 Cystine 9 0.094 0 1 0.008 0.017 Phenylalanine 9 0.391 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.026 0.051 Valine 9 0.444 0 1 0.040 0.080 Arginine 9 0.595 0 1 0.054 0.107 Histidine 9 0.193 0 1 0.017 0.035 Alanine 9 0.440 0 1 0.040 0.079 Aspartic acid 9 0.710 0 1 0.064 0.128 Glutamic acid 9 0.380 0 1 0.034 0.068 Proline 9 0.355 0 1 0.032 0.064 Serine 9 0.394 0 1 0.035 0.071		•						
Methionine 9 0.174 0 1 0.016 0.031 Cystine 9 0.094 0 1 0.008 0.017 Phenylalanine 9 0.391 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.026 0.051 Valine 9 0.444 0 1 0.040 0.080 Arginine 9 0.595 0 1 0.054 0.107 Histidine 9 0.193 0 1 0.017 0.035 Alanine 9 0.440 0 1 0.040 0.079 Aspartic acid 9 0.710 0 1 0.064 0.128 Glutamic acid 9 0.380 0 1 0.034 0.068 Proline 9 0.380 0 1 0.032 0.064 Serine 9 0.394 0 1 0.035 0.		•		-				
Phenylalanine g 0.391 0 1 0.035 0.070 Tyrosine g 0.286 0 1 0.026 0.051 Valine g 0.444 0 1 0.040 0.080 Arginine g 0.595 0 1 0.054 0.107 Histidine g 0.193 0 1 0.017 0.035 Alanine g 0.440 0 1 0.040 0.079 Aspartic acid g 0.710 0 1 0.064 0.128 Glutamic acid g 1.550 0 1 0.140 0.279 Glycine g 0.380 0 1 0.034 0.068 Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071	3	-	174	0	1	0.016	0.031	
Tyrosine. g 0.286 0 1 0.026 0.051 Valine g 0.444 0 1 0.040 0.080 Arginine g 0.595 0 1 0.054 0.107 Histidine g 0.193 0 1 0.017 0.035 Alanine g 0.440 0 1 0.040 0.079 Aspartic acid g 0.710 0 1 0.064 0.128 Glutamic acid g 1.550 0 1 0.140 0.279 Glycine g 0.380 0 1 0.034 0.068 Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071	Cystine	•						
Valine g 0.444 0 1 0.040 0.080 Arginine g 0.595 0 1 0.054 0.107 Histidine g 0.193 0 1 0.017 0.035 Alanine g 0.440 0 1 0.040 0.079 Aspartic acid g 0.710 0 1 0.064 0.128 Glutamic acid g 1.550 0 1 0.140 0.279 Glycine g 0.380 0 1 0.034 0.068 Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071	•	•						
Arginine g 0.595 0 1 0.054 0.107 Histidine g 0.193 0 1 0.017 0.035 Alanine g 0.440 0 1 0.040 0.079 Aspartic acid g 0.710 0 1 0.064 0.128 Glutamic acid g 1.550 0 1 0.140 0.279 Glycine g 0.380 0 1 0.034 0.068 Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071	3	•		-				
Histidine 9 0.193 0 1 0.017 0.035 Alanine 9 0.440 0 1 0.040 0.079 Aspartic acid 9 0.710 0 1 0.064 0.128 Glutamic acid 9 1.550 0 1 0.140 0.279 Glycine 9 0.380 0 1 0.034 0.068 Proline 9 0.355 0 1 0.032 0.064 Serine 9 0.394 0 1 0.035 0.071		~		-				
Aspartic acid. g 0.710 0 1 0.064 0.128 Glutamic acid. g 1.550 0 1 0.140 0.279 Glycine. g 0.380 0 1 0.034 0.068 Proline. g 0.355 0 1 0.032 0.064 Serine. g 0.394 0 1 0.035 0.071	e e e e e e e e e e e e e e e e e e e	•		-				
Aspartic acid		•		0				
Glycine		g 0.					0.128	
Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071		~						
Serineg 0.394 0 1 0.035 0.071	•	•		-				
		•						
		•		ŭ	-	0.055	0.071	

Snacks, rice cakes, brown rice, sesame seed

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

Refuse:0%

		<u>Am ou</u>	nt in 100 gr	ams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Nun	nbei	•				easures of fo		
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean Sto	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	5.90	0.318	7		1		0.53	1.06		
Energy	kcal	392		0	NC	4		35	71		
Energy	kJ	1640				4		148	295		
Protein (N x 5.9)	g	7.60	0.325	7		1		0.68	1.37		
Total lipid (fat)		3.80	0.241	7		1		0.34	0.68		
Ash		1.20	0.163	7		1		0.11	0.22		
Carbohydrate, by difference	g	81.50		0	NC	4		7.34	14.67		
Fiber, total dietary											
Sugars, total											
Starch	-										
	9										
Minerals:											
Calcium, Ca	_	12	1.779	6		1		1	2		
Iron, Fe		1.58	0.248	6		1		0.14	0.28		
Magnesium, Mg		136		2		1		12	24		
Phosphorus, P		375		2		1		34	68		
Potassium, K	_	290	13.163	6		1		26	52		
Sodium, Na	_	4		0		1		0	1		
Zinc, Zn		3.00		2		1		0.27	0.54		
Copper, Cu		0.390		2		1		0.035	0.070		
Manganese, Mn		4.299		1		4		0.387	0.774		
Selenium, Se	µg	24.1		0	BFZN	4		2.2	4.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	3.0		1		4		0.3	0.5		
Thiamin	_	0.048	0.011	5		1		0.004	0.009		
Riboflavin	_	0.085	0.013	6		1		0.008	0.015		
Niacin		7.205	0.632	4		1		0.648	1.297		
Pantothenic acid	_	1.461		1		4		0.131	0.263		
Vitamin B-6	_	0.155		2		1		0.014	0.028		
Folate, total	_	18		2		1		2	3		
Folic acid		0		0	z	7		0	0		
Folate, food		18		2		1		2	3		
Folate, DFE		18		0	NC	4		2	3		
Choline, total											
Betaine	_										
Vitamin B-12		0.00		2		1		0.00	0.00		
Vitamin A. RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Carotene, beta									-		
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		0		2		1		0	0		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

Nutrients and Units		<u>A</u>	mount in 1	00 grams	Amount in edible portion of common			
Nutrients and Units						<u>m</u>		
40	Nutrients and Units	Mean	Std. Erro				Measure 2	Measure 3
60	Fatty acids, total saturated	g 0.	540	0	1	0.049	0.097	
100		-						
12-0.		~						
13.0		-	000	1	1	0 000	0 000	
15-0		~		-	-	0.000	0.000	
16.0		-	010	1	1	0.001	0.002	
17-0		•		_	_			
18.0		-	430	1	1	0.039	0.077	
200		-	080	1	1	0.007	0.014	
240		-						
Faty acids, total monomistrated		-						
1-1-			100	0	1	0 000	0.100	
15-1	•		100	U	1	0.099	0.198	
17-1								
18.1 undifferentiated.	16:1 undifferentiated	g 0.	010	1	1	0.001	0.002	
201		-			_			
22-1 undifferentiated								
Patty acids, total polyunsaturated. 9		-	000	_	•	0.000	0.000	
18.2 undifferentiated.		-						
18:3 undifferentiated. 9	Fatty acids, total polyunsaturated	g 1.	150	0	1		0.207	
18:4.		-						
20.2 n o c c c		•	040	1	1	0.004	0.007	
203 undifferentiated								
20.5 n.3 (EPA)								
21:5	20:4 undifferentiated	g						
22:4								
22:5 n-3 (DPA) 9 22:6 n-3 (DHA) 9 Fatty acids total trans 9 Cholesterol. mg 0 1 4 0 0 Phytosterols. Mmg Variables Tryptophan 9 0.100 0 1 0.009 0.018 Threonine 9 0.279 0 1 0.025 0.050 Isoleucine 9 0.321 0 1 0.025 0.050 Isoleucine 9 0.625 0 1 0.029 0.058 Leucine 9 0.288 0 1 0.026 0.052 Methionine 9 0.288 0 1 0.016 0.031 Cystine 9 0.391 0 1 0.016 0.031 Cystine 9 0.391 0 1 0.026 0.051 Valine 9 0.286 0 1 0.026 0.051 Valine								
22:6 n-3 (DHA) 9 Fatty acids, total trans 9 Cholesterol mg 0 1 4 0 0 Phytosterols mg Amino Acids: Tryptophan 9 0.100 0 1 0.009 0.018 Tryptophan 9 0.279 0 1 0.025 0.050 Including the properties of the properti								
Cholesterol. mg mg mg mg mg mg mg m								
Phytosterols. Mg	Fatty acids, total trans	g						
Amino Acids: Tryptophan. 9 0.100 0 1 0.009 0.018 Threonine. 9 0.279 0 1 0.025 0.050 Isoleucine. 9 0.321 0 1 0.029 0.058 Leucine. 9 0.625 0 1 0.056 0.113 Lysine. 9 0.288 0 1 0.026 0.052 Methionine. 9 0.174 0 1 0.016 0.031 Cystine. 9 0.094 0 1 0.008 0.017 Phenylalanine. 9 0.391 0 1 0.035 0.070 Tyrosine. 9 0.286 0 1 0.026 0.051 Valine. 9 0.444 0 1 0.040 0.080 Arginine. 9 0.595 0 1 0.054 0.107 Histidine. 9 0.193 0 1				1	4	0	0	
Tryptophan 9 0.100 0 1 0.009 0.018 Threonine 9 0.279 0 1 0.025 0.050 Isoleucine 9 0.321 0 1 0.029 0.058 Leucine 9 0.625 0 1 0.026 0.058 Leysine 9 0.625 0 1 0.056 0.113 Lysine 9 0.288 0 1 0.026 0.052 Methionine 9 0.174 0 1 0.016 0.031 Cystine 9 0.094 0 1 0.008 0.017 Phenylalanine 9 0.391 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.026 0.051 Valine 9 0.444 0 1 0.040 0.080 <td>Phytosterols</td> <td>mg</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Phytosterols	mg						
Threonine 9 0.279 0 1 0.025 0.050 Isoleucine 9 0.321 0 1 0.029 0.058 Leucine 9 0.625 0 1 0.056 0.113 Lysine 9 0.288 0 1 0.026 0.052 Methonine 9 0.174 0 1 0.016 0.031 Cystine 9 0.094 0 1 0.008 0.017 Phenylalanine 9 0.391 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.035 0.070 Tyrosine 9 0.444 0 1 0.026 0.051 Valine 9 0.444 0 1 0.040 0.080 Arginine 9 0.193 0 1 0.017 0.035 Alanine 9 0.193 0 1 0.040 0.079	Amino Acids:							
Soleucine	** *	•						
Leucine		•						
Lysine 9 0.288 0 1 0.026 0.052 Methionine 9 0.174 0 1 0.016 0.031 Cystine 9 0.094 0 1 0.008 0.017 Phenylalanine 9 0.391 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.026 0.051 Valine 9 0.444 0 1 0.040 0.080 Arginine 9 0.595 0 1 0.054 0.107 Histidine 9 0.193 0 1 0.017 0.035 Alanine 9 0.440 0 1 0.040 0.079 Aspartic acid 9 0.710 0 1 0.064 0.128 Glutamic acid 9 0.380 0 1 0.034 0.068 Proline 9 0.355 0 1 0.032 0.064 Serine 9 0.394 0 1 0.035 0.071		•						
Methionine 9 0.174 0 1 0.016 0.031 Cystine 9 0.094 0 1 0.008 0.017 Phenylalanine 9 0.391 0 1 0.035 0.070 Tyrosine 9 0.286 0 1 0.026 0.051 Valine 9 0.444 0 1 0.040 0.080 Arginine 9 0.595 0 1 0.054 0.107 Histidine 9 0.193 0 1 0.017 0.035 Alanine 9 0.440 0 1 0.040 0.079 Aspartic acid 9 0.710 0 1 0.064 0.128 Glutamic acid 9 0.380 0 1 0.034 0.068 Proline 9 0.380 0 1 0.032 0.064 Serine 9 0.394 0 1 0.035 0.		•		-				
Phenylalanine g 0.391 0 1 0.035 0.070 Tyrosine g 0.286 0 1 0.026 0.051 Valine g 0.444 0 1 0.040 0.080 Arginine g 0.595 0 1 0.054 0.107 Histidine g 0.193 0 1 0.017 0.035 Alanine g 0.440 0 1 0.040 0.079 Aspartic acid g 0.710 0 1 0.064 0.128 Glutamic acid g 1.550 0 1 0.140 0.279 Glycine g 0.380 0 1 0.034 0.068 Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071	3	-	174	0	1	0.016	0.031	
Tyrosine. g 0.286 0 1 0.026 0.051 Valine g 0.444 0 1 0.040 0.080 Arginine g 0.595 0 1 0.054 0.107 Histidine g 0.193 0 1 0.017 0.035 Alanine g 0.440 0 1 0.040 0.079 Aspartic acid g 0.710 0 1 0.064 0.128 Glutamic acid g 1.550 0 1 0.140 0.279 Glycine g 0.380 0 1 0.034 0.068 Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071	Cystine	•						
Valine g 0.444 0 1 0.040 0.080 Arginine g 0.595 0 1 0.054 0.107 Histidine g 0.193 0 1 0.017 0.035 Alanine g 0.440 0 1 0.040 0.079 Aspartic acid g 0.710 0 1 0.064 0.128 Glutamic acid g 1.550 0 1 0.140 0.279 Glycine g 0.380 0 1 0.034 0.068 Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071	•	•						
Arginine g 0.595 0 1 0.054 0.107 Histidine g 0.193 0 1 0.017 0.035 Alanine g 0.440 0 1 0.040 0.079 Aspartic acid g 0.710 0 1 0.064 0.128 Glutamic acid g 1.550 0 1 0.140 0.279 Glycine g 0.380 0 1 0.034 0.068 Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071	3	•		-				
Histidine 9 0.193 0 1 0.017 0.035 Alanine 9 0.440 0 1 0.040 0.079 Aspartic acid 9 0.710 0 1 0.064 0.128 Glutamic acid 9 1.550 0 1 0.140 0.279 Glycine 9 0.380 0 1 0.034 0.068 Proline 9 0.355 0 1 0.032 0.064 Serine 9 0.394 0 1 0.035 0.071		•		-				
Aspartic acid. g 0.710 0 1 0.064 0.128 Glutamic acid. g 1.550 0 1 0.140 0.279 Glycine. g 0.380 0 1 0.034 0.068 Proline. g 0.355 0 1 0.032 0.064 Serine. g 0.394 0 1 0.035 0.071	e e e e e e e e e e e e e e e e e e e	•		-				
Aspartic acid		•		0				
Glycine		g 0.					0.128	
Proline g 0.355 0 1 0.032 0.064 Serine g 0.394 0 1 0.035 0.071		•						
Serineg 0.394 0 1 0.035 0.071	•	•		-				
		•						
		_		ŭ	-	0.055	0.071	

Snacks, rice cakes, brown rice, sesame seed, unsalted

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate4.1

Food Group: 25 Snacks

Refuse:0%

	Amount in 100 grams of edible portion							Amount in edible portion of common		
		Number						measures of food		
						Source Confid	onfidence			
Nutrients and Un	nits	Mean S	td. Error P				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80	0.420	10		1		0.52	1.04	
Energy		387		0	NC	4		35	70	
Energy		1620		0	NC	4		146	292	
Protein (N x 5.95)		8.20	0.431	. 10		1		0.74	1.48	
Total lipid (fat)		2.80	0.340	10		1		0.25	0.50	
Ash		1.70	0.188	10		1		0.15	0.31	
Carbohydrate, by difference	-	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary		4.2		0		1		0.4	0.8	
Sugars, total		0.89		0	FLA	4		0.08	0.16	
Starch										
Minerals:_										
Calcium, Ca		11	1.255			1		1	2	
Iron, Fe		1.49	0.124			1		0.13	0.27	
Magnesium, Mg		131		2		1		12	24	
Phosphorus, P		360	6. 6.	2		1 1		32	65	
Potassium, K	-	290	21.258			· -		26	52	
Sodium, Na	-	326	37.510) 6 2		1 1		29 0.27	59 0.54	
Zinc, Zn		3.00 0.445		2		1		0.27	0.080	
Copper, Cu		3.730		1		4		0.040	0.080	
Selenium, Se		24.6		0	BFZN	4		2.2	4.4	
Selemum, Se	µ9	24.0		Ü	DI ZIN	-		2.2	1.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0	0.000			1		0.0	0.0	
Thiamin	mg	0.061	0.012			1		0.005	0.011	
Riboflavin	mg	0.165	0.036			1		0.015	0.030	
Niacin	-	7.806	0.419			1		0.703	1.405	
Pantothenic acid	-	1.000		2		1		0.090	0.180	
Vitamin B-6	-	0.150		2		1		0.014	0.027	
Folate, total		21		0	FLA	4		2	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		21		0	FLA	4		2	4	
Folate, DFE		21		0	NC	4		2	4	
Choline, total	-	32.1		0	FLA	4		2.9	5.8	
Betaine	• • • • • • • • • • • • • • • • • • • •	0.0		0	FLA	4 1		0.0	0.0	
Vitamin B-12		0.00		2 0		4		0.00	0.00	
Vitamin B-12, added		0.00		0	FLA NC	4		0.00 0	0.00 0	
Vitamin A, RAE		0		0		4		0	0	
RetinolCarotene, beta		0		0	FLA FLA	4		0	0	
, , , , , , , , , , , , , , , , , , ,		0		0	FLA	4		0	0	
Carotene, alpha Cryptoxanthin, beta		0		0	FLA	4		0	0	
Vitamin A, IU		0		0	FLA	4		0	0	
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.62		0	FLA	4		0.06	0.11	
Vitamin E, added		0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta		*****		·		-		*****	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta	-									
Vitamin D (D2 + D3)		0.0		0	FLA	4		0.0	0.0	
Vitamin D		0		0	FLA	4		0	0	
Vitamin K (phylloquinone)		1.9		0	FLA	4		0.2	0.3	
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am</u>	ount in 10	0 gram s	of edi	ble portion	Amount in e	edible portion o	of common
			Num ber				easures of foo	
					Source Confidence			
Nutrients and Units	Mean	Std. Error			Code Code	Measure 1	Measure 2	Measure 3
Tintia.								
Lipids:	0.5	70	0		1	0.051	0.103	
Fatty acids, total saturatedg	0.0		0		1	0.000	0.103	
6:0g	0.0		0		1	0.000	0.000	
8:0g	0.0		0		1	0.000	0.000	
10:0g	0.0	00	0		1	0.000	0.000	
12:0g	0.0	00	1		1	0.000	0.000	
13:0g								
14:0g	0.0	10	1		1	0.001	0.002	
15:0g								
16:0g	0.4	80	1		1	0.043	0.086	
17:0g	0.0	F0	1		1	0.005	0.000	
18:0g 20:0g	0.0	50	1		1	0.005	0.009	
22:0g								
24:0								
Fatty acids, total monounsaturatedg	1.0	30	0		1	0.093	0.185	
14:1g								
15:1g								
16:1 undifferentiatedg	0.0	10	1		1	0.001	0.002	
17:1g								
18:1 undifferentiatedg	1.0		1		1	0.092	0.184	
20:1g	0.0		0		1	0.000	0.000	
22:1 undifferentiatedg	0.0	00	0		1	0.000	0.000	
24:1 c	0.0	00	•		1	0.000	0.150	
Fatty acids, total polyunsaturatedg	0.9		0		1	0.089	0.178	
18:2 undifferentiated	0.9		1 1		1 1	0.087 0.001	0.175 0.002	
18:4g	0.0		0		1	0.001	0.002	
20:2 n-6 c,cg	0.0	00	U		-	0.000	0.000	
20:3 undifferentiated								
20:4 undifferentiatedg	0.0	00	0		1	0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0		1	0.000	0.000	
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.0	00	0		1	0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		1	0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0		1		4	0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.1	04	0		1	0.009	0.019	
Threonineg	0.2	99	0		1	0.027	0.054	
Isoleucineg	0.3	46	0		1	0.031	0.062	
Leucineg	0.6	75	0		1	0.061	0.122	
Lysineg	0.3	11	0		1	0.028	0.056	
Methionineg	0.1	84	0		1	0.017	0.033	
Cystineg	0.0	99	0		1	0.009	0.018	
Phenylalanineg	0.4		0		1	0.038	0.076	
Tyrosineg	0.3		0		1	0.028	0.055	
Valineg	0.4		0		1	0.043	0.086	
Arginine	0.6		0		1 1	0.056	0.111	
Histidine	0.2		0		1	0.019 0.043	0.037 0.086	
Alanineg Aspartic acidg	0.4		0		1	0.043	0.086	
Aspartic acid	1.6		0		1	0.150	0.138	
Glycine	0.4		0		1	0.036	0.233	
Prolineg	0.3		0		1	0.034	0.069	
Serine	0.4		0		1	0.038	0.076	
Hydroxyprolineg								
Others:	0.0		0	FLA	4	0.0	0.0	
Alcohol, ethylg Caffeineg	0.0		0	FLA	4	0.0	0.0 0	
CarrenieIII9	U		U	гцА	-	U	U	

Snacks, rice cracker brown rice, plain

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

Nutrients and Units

of Data Deriv Source Confidence Mean

Std. Error Points Code Code

Measure 2

Measure 3

Code

Measure 1

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

Common Measures:

food, or similar food.

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 25 Snacks

Refuse:0%

Nutrients and Units Mean Std. Error Po	ams (ot ear	ole portion		Amount in edible portion of common			
Nutrients and Units Mean Std. Error Power Po	mber				measures of food			
Nutrients and Units		Deriv	Source Co	nfidence				
Proximates:				Code	Measure 1	Measure 2	Measure 3	
Water.					incasare i	WCd3uTC Z	wcasarc .	
Energy								
Energy	1		1		0.57	1.14		
Protein (N x 5.7) .9 10.90 Total lipid (fat) .9 36.70 Ash .9 3.90 Carbohydrate, by difference .9 46.50 Fiber, total dietary .9 2.8 Sugars, total .9 0.19 Starch .9 Calcium, Ca Iron, Fe	0	NC	4		153	308		
Total lipid (fat)	0		4		642	1290		
Ash	1		1		3.09	6.21		
Carbohydrate, by difference	1		1		10.40	20.92		
Fiber, total dietary 9 2.8 Sugars, total 9 0.19 Starch 9 Winerals: Starch Calcium, Ca. mg 170 Iron, Fe. mg 0.74 Magnesium, Mg. mg 45 Phosphorus, P. mg 138 Potassium, K. mg 177 Sodium, Na. mg 1.17 Copper, Cu. mg 0.406 Manganese, Mn. mg 0.406 Manganese, Mn. mg 0.904 Selenium, Se. µg 17.1 Vitamins: Vitamins: Vitamins: Vitaminin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.123 Riboflavin. mg 0.063 Niacin. mg 0.063 Niacin. mg 0.234 Vitamin B-6. mg 0.086 Folate, total. µg 22 Folate, food µg	1		4		1.11	2.22		
Sugars, total	0	NC	4		13.18	26.51		
Starch	0		4		0.8	1.6		
Siarch	0	FLA	4		0.05	0.11		
Calcium, Ca								
Calcium, Ca								
Iron, Fe								
Magnesium, Mg	1		1		48	97		
Phosphorus, P. mg 138 Potassium, K. mg 177 Sodium, Na mg 1488 Zinc, Zn mg 1.17 Copper, Cu mg 0.406 Manganese, Mn mg 0.904 Selenium, Se µg 17.1 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin mg 0.123 Riboflavin mg 0.063 Niacin mg 0.063 Niacin mg 0.063 Niacin mg 0.234 Vitamin B-6 mg 0.086 Folate, total µg 22 Folate, food µg 22 Folate, food µg 22 Folate, DFE µg 22 Choline, total mg 17.0 Betaine mg 0.00 Vitamin B-12, added µg 0.00 Vitamin A, RAE µg <td< td=""><td>1</td><td></td><td>1</td><td></td><td>0.21</td><td>0.42</td><td></td></td<>	1		1		0.21	0.42		
Potassium, K. mg 177 Sodium, Na. mg 1488 Zinc, Zn. mg 0.406 Manganese, Mn. mg 0.904 Selenium, Se. µg 17.1 Vitamins: Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.123 Ribofavin. mg 0.063 Niacin. mg 0.063 Niacin. mg 1.552 Pantothenic acid. mg 0.234 Vitamin B-6. mg 0.086 Folate, total. µg 22 Folic acid. µg 22 Folate, food. µg 22 Folate, DFE. µg 22 Choline, total. mg 17.0 Betaine. mg 17.0 Vitamin B-12. µg 0.00 Vitamin A, RAE µg 0 Retinol. µg 0 Carotene, alpha	1		4		13	26		
Sodium, Na. mg 1488 Zinc, Zn. mg 1.17 Copper, Cu. mg 0.406 Manganese, Mn. mg 0.904 Selenium, Se. µg 17.1 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.063 Riboflavin. mg 0.063 Niacin. mg 1.552 Pantothenic acid. mg 0.086 Folate, fotal. µg 22 Pantothenic acid. µg 0.086 Folate, total. µg 22 Folate, total. µg 2 Folate, total. µg 2 Folate, DFE. µg 2 Choline, total. mg 17.0 Betaine. mg 17.0 Vitamin B-12. µg 0.00 Vitamin A, RAE. µg 0 Retinol. µg 0 Carotene, alpha. µg	1		4		39	79 101		
Zinc, Zn	1		4		50	101		
Copper, Cu. mg 0.406 Manganese, Mn. mg 0.904 Selenium, Se. µg 17.1 VitaminS: VitaminC, total ascorbic acid mg 0.0 Thiamin. mg 0.123 Riboflavin. mg 0.063 Niacin. mg 0.234 Niacin. mg 0.234 Vitamin B-6. mg 0.086 Folate, total. µg 22 Folic acid. µg 22 Folate, food. µg 22 Folate, DFE. µg 22 Choline, total. mg 17.0 Betaine. mg 17.0 Witamin B-12, added. µg 0.00 Vitamin B-12, added. µg 0.00 Vitamin A, RAE. µg 0 Retinol. µg 0 Carotene, beta. µg 0 Carotene, alpha. µg 0 Cryptoxanthin, beta. µg<	1		1 4		422	848		
Manganese, Mn mg 0.904 Selenium, Se µg 17.1 Vitamins: Vitamin C, total ascorbic acid mg 0.0 Thiamin mg 0.123 Riboflavin mg 0.063 Niacin mg 1.552 Pantothenic acid mg 0.234 Vitamin B-6 mg 0.086 Folate, total µg 22 Folic acid µg 0 Folate, food µg 22 Folate, DFE µg 0 Vitamin B-12. µg 0.00 Vitamin B-12. µg 0.00 Vitamin B-12. µg 0 Retinol µg 0 Carotene, beta. <td>1 1</td> <td></td> <td>4</td> <td></td> <td>0.33</td> <td>0.67</td> <td></td>	1 1		4		0.33	0.67		
Selenium, Se. μg 17.1 Vitamins: Vitamin C, total ascorbic acid mg 0.0 Thiamin. mg 0.123 Riboflavin. mg 0.063 Niacin. mg 1.552 Pantothenic acid. mg 0.234 Vitamin B-6. mg 0.086 Folate, total. μg 22 Folate, total. μg 0 Folate, food. μg 0 Folate, DFE. μg 22 Choline, total. mg 17.0 Betaine. mg 17.0 Betaine. mg 17.0 Vitamin B-12. μg 0.00 Vitamin B-12. μg 0.00 Vitamin A, RAE. μg 0 Retinol. μg 0 Carotene, beta. μg 0 Carotene, alpha. μg 0 Cryptoxanthin, beta. μg 0 Vitamin E, added. mg 0	1		4		0.115 0.256	0.231 0.515		
Vitamins: Vitamin C, total ascorbic acid	0	FLM	4		4.8	9.7		
Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.123 Riboflavin. mg 0.063 Niacin. mg 1.552 Pantothenic acid. mg 0.234 Vitamin B-6. mg 0.086 Folate, total. µg 22 Folic acid. µg 0 Folate, food. µg 22 Folate, pFE. µg 22 Choline, total. mg 17.0 Betaine. mg 17.0 Vitamin B-12. µg 0.00 Vitamin B-12, added. µg 0.00 Vitamin A, RAE. µg 0 Retinol. µg 0 Retinol. µg 0 Carotene, beta. µg 0 Carotene, beta. µg 0 Carotene, alpha. µg 0 Cryptoxanthin, beta. µg 0 Vitamin A, IU. "Jy 5 Lycopene.<	U	FLM	4		4.0	9.7		
Thiamin mg 0.123 Riboflavin mg 0.063 Niacin mg 1.552 Pantothenic acid mg 0.234 Vitamin B-6 mg 0.086 Folate, total µg 22 Folic acid µg 0 Folate, food µg 22 Folate, DFE µg 22 Choline, total mg 17.0 Betaine mg 17.0 Betaine mg 0 Vitamin B-12 µg 0.00 Vitamin B-12, added µg 0.00 Vitamin B-12, added µg 0 Quitamin B-12, added µg 0 Quitamin B-12, added µg 0 Quitamin B-12, added µg 0 Quita								
Riboflavin	1		1		0.0	0.0		
Niacin	1		1		0.035	0.070		
Pantothenic acid.	1		1		0.018	0.036		
Vitamin B-6	1		1		0.440	0.885		
Folate, total	1		4		0.066	0.133		
Folic acid	1		4		0.024	0.049		
Folate, food.	1		4		6	13		
Folate, DFE.	0	Z	7		0	0		
Choline, total mg 17.0 Betaine mg Vitamin B-12	1		4		6	13		
Betaine	0	NC	4		6	13		
Vitamin B-12	0	FLM	4		4.8	9.7		
Vitamin B-12, added. µg 0.00 Vitamin A, RAE. µg 0 Retinol. µg 0 Carotene, beta. µg 3 Carotene, alpha. µg 0 Cryptoxanthin, beta. µg 0 Vitamin A, IU. U 5 Lycopene. µg 0 Lutein + zeaxanthin. µg 19 Vitamin E (alpha-tocopherol) mg 3.85 Vitamin E, added. mg 0.00 Tocopherol, beta. mg 0.00 Tocopherol, gamma. mg 0.00 Tocotrienol, delta. mg 0.00 Tocotrienol, gamma. mg 0.00 Tocotrienol, delta. mg 0.00 Tocotrienol, delta. mg 0.00								
Vitamin A, RAE.	1		4		0.00	0.00		
Retinol µg 0 Carotene, beta µg 3 Carotene, alpha µg 0 Cryptoxanthin, beta µg 0 Vitamin A, IU U 5 Lycopene µg 0 Lutein + zeaxanthin µg 19 Vitamin E (alpha-tocopherol) mg 3.85 Vitamin E, added mg 0.00 Tocopherol, beta mg 0.00 Tocopherol, gamma mg 0.00 Tocopherol, delta mg 0.00 Tocotrienol, alpha mg 0.00 Tocotrienol, peta mg 0.00 Tocotrienol, gamma mg 0.00 Tocotrienol, delta mg 0.00	0	Z	7		0.00	0.00		
Carotene, beta	0	NC	4		0	0		
Carotene, alpha	0	Z	7		0	0		
Cryptoxanthin, beta µg 0 Vitamin A, IU JU 5 Lycopene µg 0 Lutein + zeaxanthin µg 19 Vitamin E (alpha-tocopherol) mg 3.85 Vitamin E, added mg 0.00 Tocopherol, beta mg 0.00 Tocopherol, gamma mg 0.00 Tocotrienol, delta mg 0.00 Tocotrienol, beta mg 0.00 Tocotrienol, beta mg 0.00 Tocotrienol, gamma mg 0.00 Tocotrienol, delta mg 0.00	0	FLA	4		1	2		
Vitamin A, IU. JU 5 Lycopene. JL 0 Lutein + zeaxanthin. JL 19 Vitamin E (alpha-tocopherol). mg 3.85 Vitamin E, added. mg 0.00 Tocopherol, beta. mg Tocopherol, gamma. mg Tocotrienol, delta. mg Tocotrienol, beta. mg Tocotrienol, gamma. mg Tocotrienol, delta. mg Tocotrienol, delta. mg Tocotrienol, delta. mg	0	FLA	4		0	0		
Lycopene µg 0 Lutein + zeaxanthin µg 19 Vitamin E (alpha-tocopherol) mg 3.85 Vitamin E, added mg 0.00 Tocopherol, beta mg 0.00 Tocopherol, gamma mg 0.00 Tocotrienol, delta mg 0.00 Tocotrienol, delta mg 0.00 Tocotrienol, beta mg 0.00 Tocotrienol, gamma mg 0.00 Tocotrienol, delta mg 0.00 Tocotrienol, delta mg 0.00	0	FLA	4		0	0		
19 19 19 Vitamin E (alpha-tocopherol) mg 3.85 Vitamin E, added mg 0.00 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, gamma mg Tocotrienol, gamma mg Tocotrienol, delta mg Tocotrieno	0	NC	4		1	3		
Vitamin E (alpha-tocopherol)	0	FLA	4		0	0		
Vitamin E, added	0	FLA	4		5	11		
Tocopherol, beta	0	FLA	4		1.09	2.19		
Tocopherol, gamma	0	Z	7		0.00	0.00		
Tocopherol, delta								
Tocotrienol, alphamg Tocotrienol, betamg Tocotrienol, gammamg Tocotrienol, deltamg								
Tocotrienol, betamg Tocotrienol, gammamg Tocotrienol, deltamg								
Tocotrienol, gammamg Tocotrienol, deltamg								
Tocotrienol, deltamg								
Vitamin D (D2 + D2)								
	0	Z	7		0.0	0.0		
Vitamin D		Z	7		0	0		
Vitamin K (phylloquinone)µg 8.0	0	FLA	4		2.3	4.6		
Dihydrophylloquinoneµg								

	Amount in 10	00 grams of ed	lible portion		edible portion of easures of foo	
Nutrients and Units	Mean Std. Error		v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3

Lipids: Fatty acids, total saturatedg	6.480	0	1	1.837	3.694	
4:0g	0.000	0	1	0.000	0.000	
6:0g	0.000	0	1	0.000	0.000	
8:0g	0.000	1	1	0.000	0.000	
10:0g	0.010	1	1	0.003	0.006	
12:0g	0.010	1	1	0.003	0.006	
13:0g 14:0g	0.110	1	1	0.031	0.063	
15:0g	0.110	-	-	0.031	0.003	
16:0g	5.000	1	1	1.418	2.850	
17:0g						
18:0g	1.350	1	1	0.383	0.770	
20:0g						
22:0g 24:0g						
Fatty acids, total monounsaturatedg	10.910	0	1	3.093	6.219	
14:1g						
15:1g						
16:1 undifferentiatedg	0.070	1	1	0.020	0.040	
17:1g	10.000	_	_			
18:1 undifferentiated	10.830	1	1 1	3.070	6.173	
20:1g 22:1 undifferentiatedg	0.000 0.000	1 0	1	0.000	0.000 0.000	
24:1 c	0.000	Ü	_	0.000	0.000	
Fatty acids, total polyunsaturatedg	17.420	0	1	4.939	9.929	
18:2 undifferentiatedg	16.440	1	1	4.661	9.371	
18:3 undifferentiated	0.970	1	1	0.275	0.553	
18:4g	0.000	0	1	0.000	0.000	
20:2 n-6 c,cg						
20:3 undifferentiatedg 20:4 undifferentiatedg	0.000	1	1	0.000	0.000	
20:5 n-3 (EPA)	0.000	0	1	0.000	0.000	
21:5g						
22:4g						
22:5 n-3 (DPA)g	0.000	0	1	0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	1	0.000	0.000	
Fatty acids, total transg Cholesterolg	0	1	4	0	0	
Phytosterolsmg	· ·	-	4	Ü	v	
Amino Acids:	0.144	0	1	0.041	0.000	
Tryptophang Threonineg	0.144	0	1	0.041	0.082 0.188	
Isoleucineg	0.420	0	1	0.119	0.239	
Leucineg	0.767	0	1	0.217	0.437	
Lysineg	0.359	0	1	0.102	0.205	
Methionineg	0.192	0	1	0.054	0.109	
Cystineg	0.201	0	1	0.057	0.115	
Phenylalanine	0.545	0	1 1	0.155 0.100	0.311	
Tyrosineg Valineg	0.353 0.468	0	1	0.100	0.201 0.267	
Arginineg	0.650	0	1	0.184	0.371	
Histidineg	0.259	0	1	0.073	0.148	
Alanineg	0.389	0	1	0.110	0.222	
Aspartic acidg	0.716	0	1	0.203	0.408	
Glutamic acidg	3.089	0	1	0.876	1.761	
Glycine	0.436 0.994	0	1 1	0.124 0.282	0.249	
Proline	0.545	0	1	0.282	0.567 0.311	
Hydroxyproline	*****	Ť	=	3.133	*****	
Others: Alcohol, ethylg	0.0	0	7	0.0	0.0	
Caffeineg	0.0	0 FL2		0.0	0.0	
y	=		=	-	•	

Snacks, sesame sticks, wheat-based, salted

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Mean

Code

Measure 1

Measure 2

Measure 3

Nutrients and Units

0

FLA

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 ozMeasure 2 = 57g: 2 oz

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

Refuse:0%

Lipids:

		Am	ount in 10	u gram s	ot edi	pie portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	~	2.0	•	1		1		0.57	1 14		
Water	_	541	U	0	NC	4			1.14		
Energy				U	NC			153	308		
Energy		2264	•	_		4		642	1290		
Protein (N x 5.7)		10.9		1		1		3.09	6.21		
Total lipid (fat)		36.7		1		1		10.40	20.92		
Ash	-	3.9		1		4		1.11	2.22		
Carbohydrate, by difference		46.5	0	0	NC	4		13.18	26.51		
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	-	170	_	1		1		48	97		
Iron, Fe	-	0.7	4	1		1		0.21	0.42		
Magnesium, Mg		45		1		4		13	26		
Phosphorus, P		138		1		4		39	79		
Potassium, K	-	177		1		4		50	101		
Sodium, Na		29	_	0		1		8	17		
Zinc, Zn		1.1		1		4		0.33	0.67		
Copper, Cu		0.4		1		4		0.115	0.231		
Manganese, Mn	-	0.9 17.1	04	1 0	BFZN	4 4		0.256 4.8	0.515 9.7		
Selenium, Se	µy	17.1		U	DF ZN	4		4.0	9.7		
Vitamins:						1		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.0	22	1 1		1		0.0 0.035	0.070		
Riboflavin	-	0.0		1		1		0.033	0.076		
Niacin	-	1.5		1		1		0.440	0.885		
Pantothenic acid	-	0.2		1		4		0.066	0.133		
Vitamin B-6	-	0.0		1		4		0.024	0.049		
Folate, total	-	22		1		4		6	13		
Folic acid		0		0	z	7		0	0		
Folate, food		22		1	_	4		6	13		
Folate, DFE		22		0	NC	4		6	13		
Choline, total				·	110	•		· ·	13		
Betaine	-										
Vitamin B-12	-	0.0	0	1		4		0.00	0.00		
Vitamin A, RAE		4	-	0	NC	4		1	3		
Retinol		0		0	Z	7		0	0		
Carotene, beta		-		-	-			-	-		
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		88		1		1		25	50		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha	mg										
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)	µg										
Vitamin D											
Vitamin K (phylloquinone)	µg										
Dihydrophylloquinone	µg										
Menaquinone-4											

	<u>Ar</u>	nount in 1	00 grams	of edil	ble portion	Amount in 6	edible portion	of common
			Number				easures of foo	
Nutrients and Units	Mean	Std. Erro	of Data or Points		Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 6.4	480	0		1	1.837	3.694	
4:0	=							
6:0 8:0	-	000	1		1	0.000	0.000	
10:0	•	010	1		1	0.003	0.006	
12:0	•	010	1		1	0.003	0.006	
13:0	g							
14:0	=	110	1		1	0.031	0.063	
15:0	-	200			•	1 410	0.050	
16:0 17:0	-	000	1		1	1.418	2.850	
18:0	-	350	1		1	0.383	0.770	
20:0	=							
22:0	g							
24:0			•					
Fatty acids, total monounsaturated		910	0		1	3.093	6.219	
15:1	•							
16:1 undifferentiated	-	070	1		1	0.020	0.040	
17:1	g							
18:1 undifferentiated	•		1		1	3.070	6.173	
20:1	•	000	1		1	0.000	0.000	
22:1 undifferentiated 24:1 c	-							
Fatty acids, total polyunsaturated		420	0		1	4.939	9.929	
18:2 undifferentiated	•		1		1	4.661	9.371	
18:3 undifferentiated		970	1		1	0.275	0.553	
18:4								
20:2 n-6 c,c								
20:3 undifferentiated		000	1		1	0.000	0.000	
20:5 n-3 (EPA)			-		-	0.000	0.000	
21:5	=							
22:4	-							
22:5 n-3 (DPA)	•							
22:6 n-3 (DHA) Fatty acids, total trans	=							
Cholesterol			1		4	0	0	
Phytosterols	•							
Amino Acids:								
Tryptophan	a 0.1	144	0		1	0.041	0.082	
Threonine		330	0		1	0.094	0.188	
Isoleucine	g 0.4	420	0		1	0.119	0.239	
Leucine	•	767	0		1	0.217	0.437	
Lysine	•	359	0		1	0.102	0.205	
Methionine	•	192 201	0		1	0.054 0.057	0.109 0.115	
Phenylalanine	•	545	0		1	0.155	0.311	
Tyrosine	•	353	0		1	0.100	0.201	
Valine		468	0		1	0.133	0.267	
Arginine	•	650	0		1	0.184	0.371	
Histidine	•	259	0		1	0.073	0.148	
Alanine	•	389 71 <i>6</i>	0		1	0.110	0.222	
Aspartic acidGlutamic acid	•	716 089	0		1	0.203 0.876	0.408 1.761	
Glycine	•	436	0		1	0.124	0.249	
Proline	•	994	0		1	0.282	0.567	
Serine	g 0.!	545	0		1	0.155	0.311	
Hydroxyproline	g							

Snacks, sesame sticks, wheat-based, unsalted

Common Measures: Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 3.9

Food Group: 25 Snacks

		<u>Am</u>	ount in 10	v gram s	ot edil	ole porti	<u>ion</u>	Amount in edible portion of common			
				Num ber				measures of food			
						Source	Confidence				
Nutrients and U		Maan	Std. Error				Code	Magazira 1	Magaura 2	Magaura	
Nutrients and U	nits	Mean	Sta. Error	1 Ollits	Code	Coue	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	13.60)	0	FLC	4					
Energy	kcal	426		0	NC	4					
Energy	kJ	1781		0	NC	4					
Protein		7.14	1	0	FLC	4					
Total lipid (fat)		17.86	5	0	FLC	4					
Ash		2.31	L	0	FLC	4					
Carbohydrate, by difference	-	59.09	9	0	FLC	4					
Fiber, total dietary		5.6		0	FLC	4					
Sugars, total		21.43	3	0	FLC	4					
Sucrose		21.40		0	FLC	4					
		0.00		0	FLC	4					
Glucose (dextrose)		0.02		0	FLC	4					
Fructose	9	0.00		0	FLC	4					
Lactose		0.00		0	FLC	4					
Maltose	<u>9</u>	0.00		0		4					
Galactose					FLC						
Starch	9	30.36	•	0	FLC	4					
Minerals:											
Calcium, Ca	ma	20		0	FLC	4					
Iron. Fe	-	1.91	L	0	FLC	4					
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	72		0	FLC	4					
Phosphorus, P		191		0	FLC	4					
Potassium, K		193		0	FLC	4					
Sodium, Na	-	571		0	FLC	4					
Zinc, Zn	-	1.38	3	0	FLC	4					
Copper, Cu		0.22		0	FLC	4					
Manganese, Mn		2.14		0	FLC	4					
Selenium, Se		33.1		0	FLC	4					
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid	_	0.0		0	LC	8					
Thiamin	_	0.26		0	FLC	4					
Riboflavin	_	0.09		0	FLC	4					
Niacin	-	2.63		0	FLC	4					
Pantothenic acid		0.32		0	FLC	4					
Vitamin B-6	_	0.21	16	0	FLC	4					
Folate, total	µg	23		0	FLC	4					
Folic acid	µg	0		0	FLC	4					
Folate, food	µg	23		0	FLC	4					
Folate, DFE	µg	23		0	NC	4					
Choline, total	g	17.6		0	FLC	4					
Betaine	mg	38.2		0	FLC	4					
Vitamin B-12		0.02		0	FLC	4					
Vitamin B-12, added	µg	0.00	ס	0	FLC	4					
Vitamin A, RAE	µg	0		0	NC	4					
Retinol	µg	0		0	NR	4					
Carotene, beta	µg	0		0	NR	4					
Carotene, alpha	µg	0		0	FLC	4					
Cryptoxanthin, beta		0		0	FLC	4					
Vitamin A, IU	<u>IU</u>	0		0	NR	4					
Lycopene		0		0	FLC	4					
Lutein + zeaxanthin		116		0	FLC	4					
Vitamin E (alpha-tocopherol)		3.28	3	0	FLC	4					
Vitamin E, added		0.00)	0	FLC	4					
Tocopherol, beta		0.12		0	FLC	4					
Tocopherol, gamma		5.52		0	FLC	4					
Tocopherol, delta		0.16		0	FLC	4					
Tocotrienol, alpha		0.16		0	FLC	4					
Tocotrienol, beta		0.00		0	FLC	4					

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 0.01 0 FLC Tocotrienol, gamma.....mg Tocotrienol, delta.....mg 0.00 FLC 0 4 Vitamin D (D2 + D3)......µg 0.0 AS 1 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg 0.0 0 FLC 4 Vitamin D.....IU FLC 0 0 4 Vitamin K (phylloquinone)......µg 12.8 0 FLC 4 FLC Dihydrophylloquinone.....µg 0.0 0 4 Menaquinone-4.....µg 0.0 0 FLC 4 Lipids: Fatty acids, total saturated......g 5.357 0 FLC 4 4:0.....g 0.000 0 FLC 4 0.000 0 FLC 4 6:0.....g 0.000 0 FLC 8·0 4 0.000 10:0.....g FLC FLC 0.000 0 4 12:0.....g 13:0.....g 0.001 FLC 0 14·0 4 15:0.....g 0.000 0 FLC 4 3.435 0 FLC 4 16:0.....g 0.001 0 FLC 4 1.320 0 FLC 18·0 4 0.398 0 FLC 20:0.....g 0.202 0 FLC 4 22:0......g 0.000 0 FLC 4 Fatty acids, total monounsaturated.......g 7.997 FLC 0.000 0 FLC 4 14:1.....g 0.000 0 FLC 4 15:1.....g 16:1 undifferentiated......g 0.027 0 FLC 4 17:1.....g 0.001 0 FLC 18:1 undifferentiated...........g 7.802 0 FLC 0.168 0 FLC 4 20:1.....g 22:1 undifferentiated......g 0.000 0 FLC 4 0.000 0 FLC Fatty acids, total polyunsaturated......g 3.971 0 FLC 4 18:2 undifferentiated......g 2.802 0 FLC 4 18:3 undifferentiated......g 1,167 0 FLC 4 0.000 FLC 18:4.....g 0.000 20:2 n-6 c,c.....g O FLC 4 0.000 0 FLC 4 20:3 undifferentiated.....g 20:4 undifferentiated......g 0.000 0 FLC 4 20:5 n-3 (EPA) 0.001 FLC 21:5.....g 0.000 0 FLC 4 22:4.....g 0.000 0 FLC 4 22:5 n-3 (DPA)......g 0.000 0 FLC 4 22:6 n-3 (DHA)......g 0.001 FLC Fatty acids, total trans......g 0.066 0 FLC 4 Cholesterol....mg FLC Phytosterols.....mg Stigmasterol....mg 0 FLC Campesterol....mg 40 0 FLC 4 Beta-sitosterol....mg 68 0 4 Amino Acids: 0.094 0 FLC Tryptophan.....g 4 Threonine.....g 0.200 0 FLC 4 0.242 0 FLC 4 Isoleucine.....g FLC Leucine.....g 0.489 0 0.208 FLC Lysine.....g Methionine.....g 0.126 0 FLC 4 0.147 0 FLC 4 Cystine.....g Phenylalanine.....g 0.367 0 FLC 4 Tyrosine.....g 0.152 FLC

Snacks, shrimp cracker

		Am	ount in 10	00 grams Number		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	5	Mean	Std. Erro	of Data	Deriv		Confidence Code		Measure 2	Measure 3
Valine	a	0.3	06	0	FLC	4				
Arginine		0.3		0	FLC	4				
Histidine		0.1	92	0	FLC	4				
Alanine	g	0.2	69	0	FLC	4				
Aspartic acid	g	0.4	01	0	FLC	4				
Glutamic acid	g	2.3	09	0	FLC	4				
Glycine	g	0.3	11	0	FLC	4				
Proline	g	1.1	00	0	FLC	4				
Serine	g	0.3	34	0	FLC	4				
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	FLC	4				
Caffeine	<u>mg</u>	0		0	FLC	4				
Theobromine	mg	0		0	FLC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Am	ount in 10	0 grams	Amount in edible portion of common					
				Number				'	easures of fo	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:	α.	8.5	0	1	FLC	4		2.41		
Water		385		0	NC	4		109		
Energy		1610		0	NC	4		456		
Protein		26.5	0	2	FLC	4		7.51		
	-	7.3		2	FLC	4		2.08		
Total lipid (fat)	-	4.5		1	FLC	4		1.28		
Ash		53.1		0		4				
Carbohydrate, by difference		3.5		2	NC	4		15.07 1.0		
Fiber, total dietary				2	FLC					
Sugars, total		1.8	U	2	FLC	4		0.51		
Starch	9									
Minerals:										
Calcium, Ca	mg	171		2	FLC	4		48		
Iron, Fe	-	5.2	0	2	FLC	4		1.47		
Magnesium, Mg	mg	170		0	FLC	4		48		
Phosphorus, P	mg	7		1	FLC	4		2		
Potassium, K	mg	7		1	FLC	4		2		
Sodium, Na	-	842		2	FLC	4		239		
Zinc, Zn		1.5		0	FLC	4		0.42		
Copper, Cu		2.4		0	FLC	4		0.696		
Manganese, Mn		2.0		0	FLC	4		0.578		
Selenium, Se	µg	12.1		0	FLC	4		3.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	FLC	4		0.0		
Thiamin	mg	0.3	33	0	FLC	4		0.094		
Riboflavin	mg	0.3	49	0	FLC	4		0.099		
Niacin	mg	2.9	78	0	FLC	4		0.844		
Pantothenic acid	mg	1.3	95	0	FLC	4		0.395		
Vitamin B-6	mg	0.5	13	0	FLC	4		0.145		
Folate, total	µg	240		0	FLC	4		68		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	240		0	FLC	4		68		
Folate, DFE	µg	240		0	NC	4		68		
Choline, total	mg	110.9		0	FLC	4		31.4		
Betaine	-									
Vitamin B-12		0.0		0	FLC	4		0.00		
Vitamin B-12, added		0.0	0	0	FLC	4		0.00		
Vitamin A, RAE		0		0	NR	4		0		
Retinol		0		0	FLC	4		0		
Carotene, beta		0		0	NR	4		0		
Carotene, alpha		0		0	NR	4		0		
Cryptoxanthin, beta		0		0	FLC	4		0		
Vitamin A, IU		0		0	FLC	4		0		
Lycopene		0		0	FLC FLC	4 4		0		
Lutein + zeaxanthin		1.0	.1	0	FLC	4		0 0.29		
Vitamin E (alpha-tocopherol)		0.0		0	FLC	4		0.29		
Vitamin E, added Tocopherol, beta		0.0		0	FLC	4		0.00		
Tocopherol, gamma		0.0		0	FLC	4		0.00		
Tocopherol, delta		0.0		0	FLC	4		0.02		
Tocopherol, delta Tocotrienol, alpha		0.0		0	FLC	4		0.00		
Tocotrienol, beta		0.0		0	FLC	4		0.00		
Tocotrienol, gamma		0.0		0	FLC	4		0.00		
Tocotrienol, delta		0.0		0	FLC	4		0.00		
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0		
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)		0.0		U	4	,		0.0		
Vitamin D3 (cholecalciferol)										
Vitamin D. (choicealcheior)		0		0	z	7		0		
Vitamin K (phylloquinone)		11.9		0	FLC	4		3.4		

	<u> </u>	moui	nt in 10	0 gram s	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common	
				Number				measures of food			
						Source (Confidence				
Nutrients and Units	Mean	Sto	l. Error	Points		Code	Code	Measure 1	Measure 2	Measure 3	
Dihydrophylloquinone		.0		0	FLC	4		0.0			
Menaquinone-4	.µg										
Lipids: Fatty acids, total saturated	a 1	.102		0	NC	4		0.312			
4:0		.000		0	FLC	4		0.000			
6:0		.000		0	FLC	4		0.000			
8:0		.000		0	FLC	4		0.000			
10:0		.000		0	FLC	4		0.000			
12:0	. •	.002		0	FLC	4		0.001			
13:0 14:0	=	.020		0	FLC	4		0.006			
15:0	=	.000		0	FLC	4		0.000			
16:0	.g 0	.809		0	FLC	4		0.229			
17:0	•	.000		0	FLC	4		0.000			
18:0	•	.269		0	FLC	4		0.076			
20:0	=	.000		0	FLC	4 4		0.000			
22:0 24:0	=	.000		0	FLC FLC	4		0.000			
Fatty acids, total monounsaturated	=	661		0	NC	4		0.471			
14:1	-	.000		0	FLC	4		0.000			
15:1		.000		0	FLC	4		0.000			
16:1 undifferentiated	.g 0	.033		0	FLC	4		0.009			
17:1		.000		0	FLC	4		0.000			
18:1 undifferentiated	=	.628		0	FLC	4		0.461			
20:1		.000		0	FLC FLC	4 4		0.000			
24:1 c	•	.000		0	FLC	4		0.000			
Fatty acids, total polyunsaturated	=	.018		0	NC	4		1.139			
18:2 undifferentiated		621		0	FLC	4		1.026			
18:3 undifferentiated	.g 0	.398		0	FLC	4		0.113			
18:4	=	.000		0	FLC	4		0.000			
20:2 n-6 c,c	•	.000		0	FLC	4 4		0.000			
20:3 undifferentiated 20:4 undifferentiated	=	.000		0	FLC FLC	4		0.000			
20:5 n-3 (EPA)	•	.000		0	FLC	4		0.000			
21:5		.000		0	FLC	4		0.000			
22:4	.g 0	.000		0	FLC	4		0.000			
22:5 n-3 (DPA)		.000		0	FLC	4		0.000			
22:6 n-3 (DHA)	•	.000		0	FLC	4		0.000			
Fatty acids, total trans		.000		1 2	FLC FLC	4 4		0.000 0			
CholesterolPhytosterols	. 0			0	FLC	4		1			
•	9 –			·		-		-			
Amino Acids:	a 0	276		0	TT C	4		0 107			
Tryptophan Threonine	.0	.376 .125		0	FLC FLC	4 4		0.107 0.319			
Isoleucine		. 262		0	FLC	4		0.358			
Leucine	•	.140		0	FLC	4		0.607			
Lysine	<u>.g</u> 1	681		0	FLC	4		0.477			
Methionine	.0	.384		0	FLC	4		0.109			
Cystine	•	.427		0	FLC	4		0.121			
Phenylalanine	•	371		0	FLC	4		0.389			
TyrosineValine		.028 .337		0	FLC FLC	4 4		0.291 0.379			
Arginine		.069		0	FLC	4		0.587			
Histidine	•	704		0	FLC	4		0.199			
Alanine		263		0	FLC	4		0.358			
Aspartic acid		213		0	FLC	4		0.911			
Glutamic acid		057		0	FLC	4		1.434			
Glycine	.0	.214		0	FLC	4 4		0.344			
Proline		.500 .503		0	FLC FLC	4		0.425 0.426			
Hydroxyproline	•			U	- IIC	-		0.120			
22) GIOA) PIOIIIC											

Snacks, soy chips or crisps, salted

	Amo	ount in 100	grams umber	Amount in edible portion of common measures of food					
Nutrients and Units	Mean :	o Std. Error F				confidence Code	Measure 1	Measure 2	Measure 3
Others: Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg Theobrominemg	0		0	FLC FLC	4 4		0 0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		AM	ount in 100	yı aili S	oi eal	ole hourion		Amount in edible portion of common			
			N	lum ber				<u>m</u>	easures of foo	<u>od</u>	
			(of Data	Deriv	Source Conf	idence				
Nutrients and Unit	ts	Mean	Std. Error				ode	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	4.53	1	0	FLC	4		1.28	1.26	1.53	
Energy	kcal	532		0	NC	4		151	149	181	
Energy	kJ	2225		0	NC	4		631	623	757	
Protein (N x 6.25)	g	2.9	4	1	LC	8		0.83	0.82	1.00	
Total lipid (fat)	g	32.3	5	1	LC	8		9.17	9.06	11.00	
Ash	g	3.38	8	0	0	4		0.96	0.95	1.15	
Carbohydrate, by difference	g	56.82	2	0	NC	4		16.11	15.91	19.32	
Fiber, total dietary	g	8.8		1	LC	8		2.5	2.5	3.0	
Sugars, total	g	8.83	2	1	LC	8		2.50	2.47	3.00	
Starch											
Minerals:											
Calcium, Ca	<u>m</u> g	59		1	LC	8		17	16	20	
Iron, Fe	_	2.1	2	1	LC	8		0.60	0.59	0.72	
Magnesium, Mg	mg	65		0	FLC	4		18	18	22	
Phosphorus, P	<u>mg</u>	145		0	FLC	4		41	41	49	
Potassium, K	mg	925		0	FLC	4		262	259	315	
Sodium, Na	-	35		0	T	4		10	10	12	
Zinc, Zn	mg	0.5		0	FLC	4		0.15	0.15	0.18	
Copper, Cu		0.43		0	FLC	4		0.117	0.115	0.14	
Manganese, Mn		1.34	49	0	FLC	4		0.383	0.378	0.45	
Selenium, Se	µg	2.1		0	FLC	4		0.6	0.6	0.7	
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0		1	LC	8		0.0	0.0	0.0	
Thiamin	_	0.08		0	FLC	4		0.025	0.025	0.03	
Riboflavin	_	0.10		0	FLC	4		0.046	0.045	0.05	
Niacin	_	2.08		0	FLC	4		0.592	0.585	0.71	
Pantothenic acid	_	1.5		0	FLC	4 4		0.440	0.434	0.52	
Vitamin B-6	_	0.53 37	35	0	FLC	4		0.152	0.150	0.18	
Folia e sid		0		0	FLC FLC	4		10 0	10 0	13 0	
Folic acid		37		0	FLC	4		10	10	13	
Folate, food		37		0	NC	4		10	10	13	
Folate, DFE		36.6		0	FLC	4		10.4	10.2	12.4	
Choline, total	_	30.0		U	FLC	-		10.4	10.2	12.4	
Vitamin B-12		0.00	n	0	FLC	4		0.00	0.00	0.00	
Vitamin B-12. added		0.00		0	FLC	4		0.00	0.00	0.00	
Vitamin A, RAE		1184	•	0	NC	4		336	331	402	
Retinol		0		0	FLC	4		0	0	0	
Carotene, beta		14205		0	FLC	4		4027	3977	4830	
Carotene, alpha		0		0	FLC	4		0	0	0	
Cryptoxanthin, beta		0		0	FLC	4		0	0	0	
Vitamin A, IU		23675		0	NC	4		6712	6629	8050	
Lycopene		0		0	FLC	4		0	0	0	
Lutein + zeaxanthin		0		0	FLC	4		0	0	0	
Vitamin E (alpha-tocopherol)		9.82	2	0	FLC	4		2.79	2.75	3.34	
Vitamin E, added		0.00	0	0	FLC	4		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D	JU	0		0	Z	7		0	0	0	
				0	FLC	4		7.0	6.9	8.3	
Vitamin K (phylloquinone)	µg	24.5		U	FLC	4		7.0	0.9	0.3	

	<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common						
			Num ber				measures of food			
					Source C	onfidanca				
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>	2.0	41	-		0		0.004	0.004	1 000	
Fatty acids, total saturatedg	2.9 0.0		1 0	LC FLC	8 4		0.834 0.000	0.824 0.000	0.000	
6:0	0.0		0	FLC	4		0.000	0.000	0.000	
8:0g	0.0		0	FLC	4		0.000	0.000	0.000	
10:0g	0.0	00	0	FLC	4		0.000	0.000	0.000	
12:0g	0.0	00	0	FLC	4		0.000	0.000	0.000	
13:0g										
14:0g	0.0	01	0	FLC	4		0.000	0.000	0.000	
15:0g	1.3	0.4	0	FLC	4		0 205	0.300	0 47	
16:0g 17:0g	1.3	94	U	FLC	4		0.395	0.390	0.474	
18:0	0.8	04	0	FLC	4		0.228	0.225	0.27	
20:0g										
22:0g										
24:0g										
Fatty acids, total monounsaturatedg	9.1	55	0	FLC	4		2.596	2.564	3.113	
14:1g										
15:1g 16:1 undifferentiatedg	0.0	24	0	FLC	4		0.007	0.007	0.008	
17:1	0.0	24	U	FLC	-		0.007	0.007	0.000	
18:1 undifferentiated	8.8	42	0	FLC	4		2.507	2.476	3.006	
20:1g	0.1	87	0	FLC	4		0.053	0.052	0.063	
22:1 undifferentiatedg	0.0	66	0	FLC	4		0.019	0.018	0.022	
24:1 cg										
Fatty acids, total polyunsaturatedg	12.2		0	FLC	4		3.466	3.423	4.15	
18:2 undifferentiated	11.0		0	FLC	4		3.141	3.102	3.76	
18:3 undifferentiated	1.1		0	FLC FLC	4 4		0.324	0.320 0.000	0.389	
20:2 n-6 c.cg	0.0	00	U	FLC	*		0.000	0.000	0.000	
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.0	00	0	FLC	4		0.000	0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0	FLC	4		0.000	0.000	0.00	
21:5g										
22:4g										
22:5 n-3 (DPA)g	0.0		0	FLC FLC	4 4		0.000	0.000	0.000	
22:6 n-3 (DHA)	0.0		1	LC FLC	8		0.000	0.000	0.000	
Cholesterolmg	0	00	1	LC	8		0	0	0	
Phytosterolsmg	12		0	FLC	4		3	3	4	
•										
Amino Acids:	0.0	00	0	FLC	4		0.000	0.007	0.00	
Tryptophan9 Threonine9	0.0		0	FLC	4		0.028 0.074	0.027 0.073	0.033	
Isoleucineg	0.1		0	FLC	4		0.048	0.048	0.058	
Leucineg	0.2		0	FLC	4		0.081	0.080	0.09	
Lysineg	0.2		0	FLC	4		0.058	0.058	0.070	
Methionineg	0.0	90	0	FLC	4		0.025	0.025	0.030	
Cystineg	0.0		0	FLC	4		0.019	0.019	0.023	
Phenylalanineg	0.2		0	FLC	4		0.079	0.078	0.09	
Tyrosine	0.1		0	FLC	4		0.030	0.030	0.036	
Valine	0.2 0.1		0	FLC FLC	4 4		0.076 0.049	0.075 0.048	0.091	
Arginine	0.0		0	FLC	4		0.049	0.048	0.058	
Alanineg	0.2		0	FLC	4		0.027	0.027	0.082	
Aspartic acid	1.1		0	FLC	4		0.338	0.333	0.40	
Glutamic acidg	0.4		0	FLC	4		0.137	0.135	0.164	
Glycineg	0.1		0	FLC	4		0.056	0.055	0.06	
Prolineg	0.1		0	FLC	4		0.046	0.046	0.05	
Serine	0.2	76	0	FLC	4		0.078	0.077	0.094	
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	0	

Snacks, sweet potato chips, unsalted

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 28g: 1 Bag Measure 3 = 34g: 1 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am c</u>	ount in 100 g	rams	of edil	ble portion	<u>1</u>	Amount in e	dible portion	of common
			Nu	n bei					•	
						Source C	onfidence			_
No. doctors and the			ان Std. Error Po				Code			
Nutrients and Un	Its	Mean S	Sta. Error	JIIICS	Code	Code	Code	Measure 1	0.46 115 479 0.53 5.73 0.62 15.66 1.7 0.88 14 0.28 19 30 174 79 0.09 0.064 0.000 0.4 1.2 9 0.040 8 0.007 6 0.118 9 0.154 4 0.101 5 0 5 5 10.2 0.00 0.00 2 0 15 0 9 33 0 0 2.61 0.00	Measure
Proximates:										
Water		2.00	0.694	3		1		0.57	0.46	
Energy	kcal	498		0	NC	4		141	115	
Energy	kJ	2084		0		4		591	479	
Protein (N x 6.25)	g	2.30	0.273	3		1		0.65	0.53	
Total lipid (fat)	g	24.90		2		1		7.06	5.73	
Ash	_	2.70	0.061	3		1		0.77	0.62	
Carbohydrate, by difference	g	68.10		0	NC	4		19.31	15.66	
Fiber, total dietary	g	7.2		0		4		2.0	1.7	
Sugars, total	g	3.82		0	FLA	4		1.08	0.88	
Starch	g									
Minerals:										
Calcium, Ca	-	60		2		1		17		
Iron, Fe		1.20		2		1		0.34		
Magnesium, Mg		84		1		1		24		
Phosphorus, P		131 755		1 2		1 1		37 214		
Potassium, K	-	755 342		2		1		214 97		
Zinc, Zn	-	0.38		1		4		0.11		
Copper, Cu	-	0.28	1	1		4		0.079		
Manganese, Mn		0.00		1		4		0.000		
Selenium. Se	-	1.8	_	0	FLM	4		0.5		
/itamins:										
Vitamin C, total ascorbic acid	ma	5.0		1		1		1.4	1.2	
Thiamin	-	0.174	0.063	3		1		0.049	0.040	
Riboflavin	-	0.029	9	1		1		0.008		
Niacin	-	0.51	5	2		1		0.146	0.118	
Pantothenic acid	mg	0.668	3	1		4		0.189	0.154	
Vitamin B-6	mg	0.438	3	1		4		0.124	0.101	
Folate, total	µg	20		1		4		6	5	
Folic acid	µg	0		0	Z	7		0		
Folate, food		20		1		4		6		
Folate, DFE		20		0	NC	4		6		
Choline, total		44.3		0	FLA	4		12.6	10.2	
Betaine	•			_						
Vitamin B-12		0.00		1 0		4		0.00		
Vitamin B-12, added		0.00 7		0	Z NC	7 4		0.00 2		
Vitamin A, RAE		,		0	FLA	4		0		
Retinol Carotene, beta		66		0	FLA	4		19		
Carotene, alpha		0		0	FLA	4		0		
Cryptoxanthin, beta		37		0	FLA	4		11		
Vitamin A, IU		142		0	NC	4		40		
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	11.34		0	FLA	4		3.21	2.61	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0.0		0	z	7		0.0	0.0	
Vitamin D (D2 + D3) Vitamin D		0.0		J	Z	7		0.0		
Vitamin K (phylloquinone)		18.0		0	FLA	4		5.1	4.1	
Dihydrophylloquinone		10.0		•		-		J.1	7.1	
Menaquinone-4										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 6.430 0 1 1.823 1.479 4:0......g 0.000 0 1 0.000 0.000 6:0.....g 0.000 0 0.000 0.000 0 0.000 0.000 1 0.000 8:0.....g 10:0.....g 0.000 0 1 0.000 0.000 0.000 0 1 0.000 0.000 12:0.....g 13:0.....g 0.200 1 1 0.057 0.046 14:0......g 5.650 1 1 1,602 16·0 a 1,300 17:0.....g 0.570 1 0.162 0.131 18:0.....g 20:0.....g 24:0.....g 4.430 0 1 1.256 1.019 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.200 1 1 0.057 0.046 17:1.....g 1 1 18:1 undifferentiated......g 4.230 1.199 0.973 0.000 20:1.....g 0.000 0 1 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 12.880 0 1 3.651 2.962 12,820 3.634 2.949 18:2 undifferentiated....... 1 1 0.060 1 1 0.017 0.014 18:3 undifferentiated......g 18:4.....g 0.000 0 1 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 1 20:5 n-3 (EPA).....g 0.000 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Fatty acids, total trans......g Cholesterol....mg 4 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.036 0 0.010 0.008 1 0.030 0.024 Threonine.....g 0.106 0 1 Isoleucine.....g 0.084 0 1 0.024 0.019 0.049 0.040 Leucine.....g 0.172 0 1 0 Lysine.....g 0.104 1 0.029 0.024 Methionine.....g 0.032 0 1 0.009 0.007 Cystine.....g 0.049 0 1 0.014 0.011 0.126 0 0.036 0.029 Phenylalanine.....g 1 0.020 0.085 0 1 0.024 Tyrosine.....g 0.127 0 1 0.036 0.029 Valine.....g 0.160 0 1 0.045 0.037 Arginine.....g Histidine.....g 0.052 0 1 0.015 0.012 0 1 0.032 0.026 Alanine.....g 0.113 Aspartic acid......g 0.296 0 1 0.084 0.068 0.268 0.076 0.062 0 1 Glutamic acid.....g 0.114 0 1 0.032 0.026 0.092 0 1 0.026 0.021 Proline.....g 0.142 0 1 0.040 0.033 Serine.....g Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 0.0 0.0 Caffeine....mg FLA

NDB No. 19524 Snacks, taro chips

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

Nutrients and Units

of Data Deriv Source Confidence

Std. Error Points Code Code Mean

Measure 1 Measure 2 Measure 3

Code

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 10 chips

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10			ole portio	<u>n</u>		dible portion deasures of foo	
				Number				<u></u>	easures or loc	<u> </u>
							Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30)	0		9		0.82	0.21	
Energy	kcal	465		0	NC	4		293	74	
Energy	kJ	1946		0	NC	4		1226	311	
Protein	g	8.70)	0		9		5.48	1.39	
Total lipid (fat)	g	15.20)	0		9		9.58	2.43	
Ash	g	1.85	5	0	NR	4		1.17	0.30	
Carbohydrate, by difference	g	73.40)	0	NC	4		46.24	11.74	
Fiber, total dietary	g	5.7		0		9		3.6	0.9	
Sugars, total	g	0.53	3	0	FLA	4		0.33	0.08	
Starch	g									
Minarala										
Minerals:		1-0		_		^		100	0.5	
Calcium, Ca	_	159	•	0		9		100	25	
Iron, Fe	_	1.63 97	•	0		9 9		1.03 61	0.26 16	
Magnesium, Mg	_			0		9		200		
Phosphorus, P Potassium, K	_	318 272		0		9		200 171	51 44	
Sodium, Na	_	564		0	LC	8		355	90	
Zinc, Zn	_	1.15	=	0	ъс	4		0.72	0.18	
Copper, Cu		0.11		0		9		0.073	0.019	
Manganese, Mn		0.11		·		_		0.075	0.013	
Selenium, Se		15.7		0	BFZN	4		9.9	2.5	
				·	22 221	-		2.0	2.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.2		0		9		0.1	0.0	
Thiamin		0.22		0		9		0.139	0.035	
Riboflavin	_	0.28		0		9		0.176	0.045	
Niacin	_	0.42	20	0		9		0.265	0.067	
Pantothenic acid	_									
Vitamin B-6	_	0.18	30	0		4		0.113	0.029	
Folate, total		16		0	_	4		10	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		16		0		4		10	3	
Folate, DFE		16		0	NC	4		10	3	
Choline, total		23.4		U	FLA	4		14.8	3.7	
Betaine	•	0.06	_	0		4		0.04	0.01	
Vitamin B-12		0.00		0	z	7		0.04	0.01 0.00	
Vitamin B-12, added		4	,	0	NC	4		3	1	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol Carotene, beta		37		0	FLA	4		23	6	
		24		0	FLA	4		15	4	
Carotene, alpha Cryptoxanthin, beta		0		0	FLA	4		0	0	
Vitamin A, IU		81		0	NC	4		51	13	
Lycopene		0		0	FLA	4		0	0	
Lutein + zeaxanthin		507		0	FLA	4		320	81	
Vitamin E (alpha-tocopherol)		3.53	3	0	FLA	4		2.23	0.57	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		0.00	•	·	_	,		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	_									
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	z	7		0	0	
Vitamin K (phylloquinone)		0.7		0	FLA	4		0.4	0.1	
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am</u>	ount in 10			Amount in edible portion of common measures of food				
			Number				<u> </u>	easures or roc	<u>ou</u>
					Source Co	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	2.83	7	0		4		1.787	0.454	
4:0g	0.03	4	0		4		0.021	0.005	
6:0g	0.01	.4	0		4		0.009	0.002	
8:0g	0.00	7	0		4		0.004	0.001	
10:0g	0.01	.8	0		4		0.011	0.003	
12:0g	0.02	3	0		4		0.014	0.004	
13:0g									
14:0g	0.09	4	0		4		0.059	0.015	
15:0g									
16:0g	1.64	8	0		4		1.038	0.264	
17:0g									
18:0g	0.37	3	0		4		0.235	0.060	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	6.34	:1	0		4		3.995	1.015	
14:1g									
15:1g									
16:1 undifferentiatedg	0.02	8	0		4		0.018	0.004	
17:1g									
18:1 undifferentiated	6.14	.9	0		4		3.874	0.984	
20:1g	0.15	2	0		4		0.096	0.024	
22:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	5.02	4	0		4		3.165	0.804	
18:2 undifferentiatedg	4.97	7	0		4		3.136	0.796	
18:3 undifferentiatedg	0.04	.7	0		4		0.030	0.008	
18:4g	0.00	0	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.00	0	0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.00	0	0		4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	0	0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.00	0	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	g 0		0	NR	4		0	0	
Phytosterolsmg	g								
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg			0	FLA	4		0	0	
Theobrominemg	g 0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 63g: 1 cup, crushed Measure 2 = 16g: 10 chips

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Amou	ınt in 100 grams		ole portio	<u>n</u>		edible portion easures of fo	
			Num be		_		<u>m</u>	easures or to	<u> </u>
						Confidence			
Nutrients and U	nits	Mean St	d. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	1.66	1	A	1		0.47		
Energy	-	318	0	NC	4		90		
Energy		1330	0	NC	4		377		
Protein		8.44	1	A	1		2.39		
Total lipid (fat)	_	3.53	1	A	1		1.00		
Ash		3.06	1	A	1		0.87		
Carbohydrate, by difference		65.22	0	NR.	4		18.49		
		6.4	1	A	1		1.8		
Fiber, total dietary			1		1				
Sugars, total		2.82	1	A	1		0.80		
Sucrose		0.89		A			0.25		
Glucose (dextrose)		0.28	1	A	1		0.08		
Fructose		0.21	1	A	1		0.06		
Lactose		1.44	1	A	1		0.41		
Maltose	g	0.00	1	A	1		0.00		
Galactose		0.00	1	A	1		0.00		
Starch	g	56.00	1	A	1		15.88		
Minerals:									
Calcium, Ca	<u>m</u> g	128	1	A	1		36		
Iron, Fe	mg	4.80	1	A	1		1.36		
Magnesium, Mg	mg	99	0	PAE	4		28		
Phosphorus, P	mg	245	0	PAE	4		69		
Potassium, K	mg	396	0	PAE	4		112		
Sodium, Na	_	705	0	LC	8		200		
Zinc, Zn	_	3.40	1	A	1		0.96		
Copper, Cu		0.140	1	A	1		0.040		
Manganese, Mn		0.570 9.4	1	A A	1 1		0.162 2.7		
Selenium, Se	µg	7.4	_	A	1		2.7		
Vitamins:	ma	5.5	1	A	1		1.6		
Vitamin C, total ascorbic acid	-	0.206	1	A	1		0.058		
Thiamin	_	0.206	1	A	1				
Riboflavin	_	1.300	1	A	1		0.037 0.369		
Niacin Pantothenic acid	_	0.208	1	A	1		0.059		
Vitamin B-6	•	0.241	1	A	1		0.068		
	_	16	0	NR	4		5		
Folate, totalFolic acid		0	0	Z	7		0		
		16	0	NR	4		5		
Folate, foodFolate, DFE		16	0	NC NC	4		5		
		20.4	0	AS	1		5.8		
Choline, total		0.3	1	AS A	1		0.1		
Betaine	_	0.3	0	PAE	4		0.08		
Vitamin B-12 Vitamin B-12, added		0.27	0	Z	7		0.00		
		9	0	NC	4		3		
Vitamin A, RAE		0	0	FLA	4		0		
Retinol		107	1	A	1		30		
Carotene, beta		0	1	A	1		0		
Carotene, alpha		0	0	BFSN	4		0		
Cryptoxanthin, beta Vitamin A, IU		179	0	NC	4		51		
		179 45	1	A	1		13		
Lycopene Lutein + zeaxanthin		507	0	BFSN	4		144		
		3.53	0	FLA	4		1.00		
Vitamin E (alpha-tocopherol)			0		4 7		0.00		
Vitamin E, added		0.00 0.00	0	Z 0	4		0.00		
Tocopherol, beta			ū						
Tocopherol, gamma		0.00	0	0	4		0.00		
Tocopherol, delta		0.00	U	0	4		0.00		
Tocotrienol, alpha	mg mg								

Nutrients and Units		<u>Am</u>	ount in 10			ble porti	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units					Number		Cauras	Cantidanaa	<u></u>	040410001100	<u> </u>
Tecorison delta	Nutrients and Unit	s	Mean	Std. Error					Measure 1	Measure 2	Measure 3
Tecorison delta											
Vitamin D (102 + D3)											
Vitamin K phylloguinone.		-	0 0		0	7	7		0.0		
Visual K (ph/loquinone											
Dishyetopyloquinone. July Dish			_						-		
Menaguinone-4					_		_		0		
First Firs											
Futry acids, sotal saturated	•										
4-0			1 0	F.4	•	363	10		0 200		
6.0.											
80		-									
100		-									
12-0		_									
13-0. 9		-									
14-0.		-	0.0	40	1	A	1		0.011		
15:0											
16.0			0.1	20	1	A	1		0.034		
17:0.		_									
18:0		-									
20:0	17:0	g	0.0	09		A			0.003		
22:0	18:0	g	0.2	22	0	MA			0.063		
Patty acids, total monounsaturated	20:0	g	0.0	12	1	A	1		0.003		
Fatty acids, total monounsaturated	22:0	g	0.1	58	1	A	1		0.045		
14:1	24:0	g									
15:1	Fatty acids, total monounsaturated	g	1.3	79	0	MA	12		0.391		
16:1 undifferentiated	14:1	g	0.0	08	1	A	1		0.002		
17:1	15:1	g									
18:1 undifferentiated	16:1 undifferentiated	g	0.0	17	1	A	1		0.005		
20:1	17:1	g									
22:1 undifferentiated	18:1 undifferentiated	g	1.1	65	1	A	1		0.330		
24:1 c	20:1	g	0.0	08	1	A	1		0.002		
Fatty acids, total polyunsaturated	22:1 undifferentiated	g	0.0	03	0	MA	12		0.001		
18:2 undifferentiated	24:1 c	g									
18:3 undifferentiated. 9	Fatty acids, total polyunsaturated	g	1.2	11	0	NC	4		0.343		
18:4. g 0.000 0 MA 12 0.000 20:2 n-6 c,c. g 20:3 undifferentiated g 0.000 0 MA 12 0.000 20:4 undifferentiated g 0.000 0 MA 12 0.000 20:5 n-3 (EPA) g 0.000 0 MA 12 0.000 21:5. g 0 0 MA 12 0.000 22:4. g 0 0 MA 12 0.000 22:5 n-3 (DPA) g 0.000 0 MA 12 0.000 Fatty acids, total trans. g 0 0 MA 12 0.000 Fatty acids, total trans. g 0 PAE 4 1 Phytosterols. mg 2 0 PAE 4 1 Pothers: Alcohol, ethyl. g 0 0 0 Z 7 0 Caffeine. mg 0 0 Z 7 0 0	18:2 undifferentiated	g	1.1	76	1	A	1		0.333		
20:2 n-6 c.c	18:3 undifferentiated	g	0.0	35	1	A	1		0.010		
20:2 n-6 c,c	18:4	g	0.0	00	0	MA	12		0.000		
20:3 undifferentiated											
20:4 undifferentiated g 0.000 0 MA 12 0.000 20:5 n-3 (EPA) g 0.000 0 MA 12 0.000 21:5 g 22:4 9 0.000 0 MA 12 0.000 22:6 n-3 (DPA) g 0.000 0 MA 12 0.000 Fatty acids, total trans g 0 PAE 4 1 Phytosterols mg 2 0 PAE 4 1 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 Z 7 0.0 Caffeine mg 0 0 Z 7 0.0											
20:5 n-3 (EPA) g 0.000 0 MA 12 0.000 21:5 g 22:4 g 22:5 n-3 (DPA) g 0.000 0 MA 12 0.000 22:6 n-3 (DHA) g 0.000 0 MA 12 0.000 Fatty acids, total trans g Cholesterol mg 2 0 PAE 4 1 Phytosterols mg 0 0 PAE 4 1 Others: Alcohol, ethyl g 0.0 0 Z 7 0.0 Caffeine mg 0 0 Z 7 0.0			0.0	00	0	MA	12		0.000		
21:5			0.0	00	0	MA	12		0.000		
22:4											
22:5 n-3 (DPA) g 0.000 0 MA 12 0.000 22:6 n-3 (DHA) g 0.000 0 MA 12 0.000 Fatty acids, total trans g Cholesterol mg 2 0 PAE 4 1 Phytosterols mg 0 0 PAE 4 1 Others: Alcohol, ethyl g 0.0 0 Z 7 0.0 Caffeine mg 0 0 Z 7 0		-									
22:6 n-3 (DHA) g 0.000 0 MA 12 0.000 Fatty acids, total trans. g Cholesterol. mg 2 0 PAE 4 1 Phytosterols. mg Others: Alcohol, ethyl. g 0.0 0 Z 7 0.0 Caffeine. mg 0 0 Z 7 0.0		-	0.0	00	0	MA	12		0.000		
Fatty acids, total trans					0	MA	12		0.000		
Cholesterol											
Phytosterols	•		2		0	PAE	4		1		
Alcohol, ethyl											
Alcohol, ethyl	Others:										
Caffeinemg 0 0 z 7 0		a	0 0		0	7.	7		0 - 0		
· · · · · · · · · · · · · · · · · · ·	, ·	-									
			0		0	NR	4		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Snacks, tortilla chips, low fat, made with olestra, nacho cheese

Food Group: 25 Snacks

		Amount in	i 100 grains	or eur	ne por tic	<u>)11</u>	Amount in edible portion of common			
			Number	r			<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Ur	nite	Mean Std. Er	ror Points			Code	Measure 1	Massura 2	Measure	
Nutrients and Or	iits	Weari Std. Li	101 - 0				Wicasure i	measures of foot 1 Measure 2 5 3 31 62 79 19 51	Weasure .	
Proximates:										
Water	g	1.70	0	BFZN	4		0.48			
Energy		416	0	NC	4		118			
Energy	kJ	1739	0	NC	4		493			
Protein	g	11.00	0	BFZN	4		3.12			
Total lipid (fat)		5.70	0	BFZN	4		1.62			
Ash	g	1.00	0	NC	4		0.28			
Carbohydrate, by difference	g	80.10	0	BFZN	4		22.71			
Fiber, total dietary		5.3	0	LC	8		1.5			
Sugars, total		0.85	0	0	4		0.24			
Starch										
Minerals:										
Calcium, Ca	_	159	0	BFZN	4		45			
Iron, Fe	_	1.60	0	BFZN	4		0.45			
Magnesium, Mg		97	0	BFZN	4		27			
Phosphorus, P		318	0	BFZN	4		90			
Potassium, K	_	272	0	BFZN	4		77			
Sodium, Na	_	15	0	BFZY	4		4			
Zinc, Zn	_	1.15	0	BFZN	4 4		0.33 0.031			
Copper, Cu		0.110	U	BFZN	4		0.031			
Manganese, Mn		15.7	0	BFZN	4		4.5			
Selenium, Se	μg	15.7	U	BFZN	4		4.5			
Vitamins:_										
Vitamin C, total ascorbic acid	mg	0.2	0	BFZN	4		0.1			
Thiamin	mg	0.220	0	BFZN	4		0.062			
Riboflavin	mg	0.280	0	BFZN	4		0.079			
Niacin	mg	0.420	0	BFZN	4		0.119			
Pantothenic acid	mg									
Vitamin B-6	mg	0.180	0	BFZN	4		0.051			
Folate, total	µg	16	0	BFZN	4		5			
Folic acid	µg	0	0	Z	7		0			
Folate, food	µg	16	0	BFZN	4		5			
Folate, DFE		16	0	NC	4		5			
Choline, total		23.4	0	FLA	4		6.6			
Betaine	_									
Vitamin B-12		0.00	0	BFZN	4		0.00			
Vitamin B-12, added		0.00	0	Z	7		0.00			
Vitamin A, RAE		4	0	NC	4		1			
Retinol		0	0	Z	7		0			
Carotene, beta		37	0	0	4		10			
Carotene, alpha		24	0	0	4		7			
Cryptoxanthin, beta		0	0	Z	7		0			
Vitamin A, IU		82	0	NC	4		23			
Lycopene		0	0	z	7		0			
Lutein + zeaxanthin		507 3.53	0	0	4 4		144			
Vitamin E (alpha-tocopherol)					7					
Vitamin E, added		0.00	0	Z	,		0.00			
Tocopherol, beta										
Tocopherol, gamma										
Tocoprierol, delta Tocotrienol, alpha	_									
Tocotrienol, alpha										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	z	7		0.0			
Vitamin D		0	J	Z	7		0			
Vitamin K (phylloquinone)		20.9	0	0	4		5.9			
Dihydrophylloquinone		20.5	3	J	-		3.5			
Menaquinone-4										

	Amo	unt in 10	0 grams	of edil	Amount in edible portion of common				
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean S	td. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0.850		0	BFFN	4		0.241		
4:0g	0.000		0	BFFN	4		0.000		
6:0g	0.000		0	BFFN	4		0.000		
8:0g	0.000		0	BFFN	4		0.000		
10:0g	0.000		0	BFFN	4		0.000		
12:0g	0.000		0	BFFN	4		0.000		
13:0g									
14:0g	0.000		0	BFFN	4		0.000		
15:0g									
16:0g	0.684		0	BFFN	4		0.194		
17:0g									
18:0g	0.090		0	BFFN	4		0.026		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	1.660		0	BFFN	4		0.471		
14:1g									
15:1g									
16:1 undifferentiatedg	0.005		0	BFFN	4		0.001		
17:1g									
18:1 undifferentiatedg	1.500		0	BFFN	4		0.425		
20:1g	0.000		0	BFFN	4		0.000		
22:1 undifferentiatedg	0.000		0	BFFN	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	2.870		0	BFFN	4		0.814		
18:2 undifferentiatedg	2.524		0	BFFN	4		0.716		
18:3 undifferentiatedg	0.078		0	BFFN	4		0.022		
18:4g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)g	0.000		0	BFFN	4		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)g	0.000		0	BFFN	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:			_	_	_		•		
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		Amour	t in 100 gr	ams	or ear	bie portio	<u>on</u>	Amount in edible portion of common			
			Nun	n be r	r			<u>m</u>	easures of fo	od_	
			of	Data	Deriv	Source (Confidence				
Nutrients and Uni	its	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3	
nan ionio ana om		ou Ota						mododio i	mououro 2	modouro c	
Proximates:											
Water	_	1.66	0.037	12	A	1		0.47			
Energy		519		0	NC	4		147			
Energy	kJ	2173		0	NC	4		616			
Protein (N x 6.25)	g	7.36	0.037		A	1		2.09			
Total lipid (fat)		27.42	0.586	12	A	1		7.77			
Ash	_	2.75	0.037		A	1		0.78			
Carbohydrate, by difference		60.81		0	NC	4		17.24			
Fiber, total dietary		5.1	0.048	6	A	1		1.4			
Sugars, total		2.59	0.016	6	A	1		0.74			
Starch	g	53.20		0	NR	4		15.08			
Minerals:											
Calcium, Ca	mg	137	3.359	12	A	1		39			
Iron, Fe	mg	1.16	0.030	12	A	1		0.33			
Magnesium, Mg	mg	75	1.393	12	A	1		21			
Phosphorus, P		252	2.208		A	1		71			
Potassium, K	-	223	4.186		A	1		63			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	691	14.494		A	1		196			
Zinc, Zn		1.38	0.019	12	A	1		0.39			
Copper, Cu		0.102	0.003	12	A	1 1		0.029			
Manganese, Mn Selenium, Se		0.330 7.4	0.003 0.508	6	A A	1		0.094 2.1			
Selenium, Se	µу	7.1	0.500	Ü	A	_		2.1			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.4		1	A	1		0.1			
Thiamin	_	0.153	0.012	5	A	1		0.044			
Riboflavin	_	0.136	0.006	6	A	1		0.039			
Niacin	_	1.290	0.082	6	A	1 1		0.366			
Pantothenic acid Vitamin B-6	-	0.364 0.220	0.005 0.024	4 6	A A	1		0.103 0.062			
Folate, total	_	13	0.983	6	A	1		4			
Folic acid		0	0.505	0	Z	7		0			
Folate, food		13	0.983	6	A	1		4			
Folate, DFE		13	01700	0	NC	4		4			
Choline, total		22.5		0	AS	1		6.4			
Betaine		1.2		1	A	1		0.3			
Vitamin B-12		0.00		0	NR	4		0.00			
Vitamin B-12, added	µg	0.00		0	NR	4		0.00			
Vitamin A, RAE	µg	6		0	AS	1		2			
Retinol	µg	0		0	NR	4		0			
Carotene, beta	µg	35	1.441	6	A	1		10			
Carotene, alpha		8	0.493	6	A	1		2			
Cryptoxanthin, beta		55	2.059	6	A	1		16			
Vitamin A, IU		112		0	AS	1		32			
Lycopene		33	2.522	6	A	1		9			
Lutein + zeaxanthin		769	10.310	6	A	1		218			
Vitamin E (alpha-tocopherol)		6.24	0.107	6 0	A	1 4		1.77			
Vitamin E, added		0.00 0.23	0.053	6	NR A	1		0.00 0.07			
Tocopherol, beta Tocopherol, gamma		13.58	0.053	6	A A	1		3.85			
Tocopherol, delta		0.43	0.075	6	A	1		0.12			
Tocotrienol, alpha		0.80	0.073	6	A	1		0.23			
Tocotrienol, beta		0.00	0.000	6	A	1		0.00			
Tocotrienol, gamma		0.31	0.157	6	A	1		0.09			
Tocotrienol, delta		0.00	0.000	6	A	1		0.00			
Vitamin D (D2 + D3)		0.0		0	NR	4		0.0			
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D		0		0	NR	4		0			
Vitamin K (phylloquinone)	ш	1.3		1	A	1		0.4			

Amino Acids:

	<u>Am c</u>	unt in 100	grams	Amount in edible portion of common					
		Ni	um bei					easures of fo	
					Source	Confidence			
Nutrients and Units	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg	0.5		1	A	1		0.1		
Menaquinone-4µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturatedg	3.876	5	0	NC	4		1.099		
4:0g	0.023	0.00	1 6	A	1		0.006		
6:0g	0.016	0.00		A	1		0.005		
8:0g	0.018			A	1		0.005		
10:0g	0.028			A	1		0.008		
12:0g	0.035	0.00	0 6	A	1		0.010		
13:0g 14:0g	0.106	0.00	2 6	A	1		0.030		
15:0g	0.014			A	1		0.030		
16:0	2.860			A	1		0.811		
17:0g	0.022			A	1		0.006		
18:0g	0.563			A	1		0.160		
20:0g	0.107	0.00	5 6	A	1		0.030		
22:0g	0.039	0.00	4 6	A	1		0.011		
24:0g	0.045	0.00	1 6	A	1		0.013		
Fatty acids, total monounsaturatedg	9.089		0	NC	4		2.577		
14:1g	0.009			A	1		0.003		
15:1g	0.000			A	1		0.000		
16:1 undifferentiatedg	0.046		0	AS	1		0.013		
16:1 cg	0.044			A	1		0.012		
16:1 tg	0.002			A	1 1		0.001		
17:1g 18:1 undifferentiatedg	0.012 8.854		1 6	A As	1		0.003 2.510		
18:1 cg	8.822		-	A	1		2.510		
18:1 tg	0.032			A	1		0.009		
18:1-11 t (18:1t n-7)g							0.002		
20:1g	0.119	0.01	.8 6	A	1		0.034		
22:1 undifferentiatedg	0.003	3	0	AS	1		0.001		
22:1 cg	0.003	0.00	1 6	A	1		0.001		
22:1 tg	0.000	0.00	0 6	A	1		0.000		
24:1 cg	0.000	0.00		A	1		0.000		
Fatty acids, total polyunsaturated	12.257		0	NC	4		3.475		
18:2 undifferentiatedg	11.967		0	AS	1		3.393		
18:2 n-6 c,cg	11.798			A	1		3.345		
18:2 CLAsg	0.018			A	1 1		0.005		
18:2 t,tg	0.105	0.00	4 13	A	1		0.030		
18:2 ig 18:2 t not further definedg	0.046		4 6	A	1		0.013		
18:3 undifferentiated	0.272		0	AS	1		0.013		
18:3 n-3 c.c.c (ALA)g	0.262			A	1		0.074		
18:3 n-6 c,c,cg	0.011			A	1		0.003		
18:3ig	0.000			A	1		0.000		
18:4g	0.000	0.00	0 6	A	1		0.000		
20:2 n-6 c,cg	0.007	0.00	1 6	A	1		0.002		
20:3 undifferentiated	0.005	5	0	AS	1		0.001		
20:3 n-3g	0.004			A	1		0.001		
20:3 n-6g	0.001			A	1		0.000		
20:4 undifferentiatedg	0.006	0.00	0 6	A	1		0.002		
20:4 n-6	0.000		0 6		1		0.000		
20:5 n-3 (EPA)g	0.000	0.00	0 6	A	1		0.000		
21:5g 22:4g	0.000	0.00	0 6	A	1		0.000		
22:5 n-3 (DPA)g	0.000			A	1		0.000		
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000			A	1		0.000		
Fatty acids, total trans	0.185		0	NC	4		0.052		
Fatty acids, total trans-monoenoicg	0.034		0	NC	4		0.010		
Fatty acids, total trans-polyenoic9	0.151		0	NC	4		0.043		
Cholesterolmg	0		0	NR	4		0		
Phytosterolsmg									

	Amount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro	of Data	Deriv	Source Cor Code	nfidence Code	Measure 1	Measure 2	Measure 3
Tryptophang	0.066	0	NR	4		0.019		
Threonineg	0.282	0	NR	4		0.080		
Isoleucineg	0.296	0	NR	4		0.084		
Leucineg	0.881	0	NR	4		0.250		
Lysineg	0.291	0	NR	4		0.082		
Methionineg	0.163	0	NR	4		0.046		
Cystineg	0.125	0	NR	4		0.035		
Phenylalanineg	0.374	0	NR	4		0.106		
Tyrosineg	0.318	0	NR	4		0.090		
Valineg	0.402	0	NR	4		0.114		
Arginineg	0.387	0	NR	4		0.110		
Histidineg	0.238	0	NR	4		0.067		
Alanineg	0.503	0	NR	4		0.143		
Aspartic acidg	0.537	0	NR	4		0.152		
Glutamic acidg	1.507	0	NR	4		0.427		
Glycineg	0.286	0	NR	4		0.081		
Prolineg	0.676	0	NR	4		0.192		
Serineg	0.370	0	NR	4		0.105		
Hydroxyprolineg	0.000	1	A	1		0.000		
Others:								
Alcohol, ethylg	0.0	0	NR	4		0.0		
Caffeinemg	0	0	NR	4		0		
Theobrominemg	0	0	NR	4		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

Refuse:0%

Lipids:

		Am	ount in 10	υ gram s	ot edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Num ber	•			measures of food			
						Source (Confidence				
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Dog Lood on											
Proximates: Water	a	1.70		0	BFZN	4		0.48			
Energy	-	498		0	BFZN	4		141			
Energy		2084				4		591			
Protein		7.80		0	BFZN	4		2.21			
Total lipid (fat)		25.60		0	BFZN	4		7.26			
Ash	-	2.60		0	BFZN	4		0.74			
Carbohydrate, by difference		62.40		0	BFZN	4		17.69			
Fiber, total dietary		5.3		0	BFZN	4		1.5			
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	ma	147		0	BFZN	4		42			
Iron, Fe	_	3.70		1	MA	12		1.05			
Magnesium, Mg	_	82		0	BFZN	4		23			
Phosphorus, P		244		0	BFZN	4		69			
Potassium, K		216		0	BFZN	4		61			
Sodium, Na	_	708		0	BFZN	4		201			
Zinc, Zn	_	1.20		0	BFZN	4		0.34			
Copper, Cu		0.17		0	BFZN	4		0.050			
Manganese, Mn		0.40		0	BFZN	4		0.116			
Selenium, Se	_	13.0		0	BFZN	4		3.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.8		0	BFZN	4		0.5			
Thiamin	_	0.40	0	1	MA	12		0.113			
Riboflavin	_	0.35		1	MA	12		0.099			
Niacin	_	4.00		1	MA	12		1.134			
Pantothenic acid		0.29		0	BFZN	4		0.082			
Vitamin B-6	_	0.28	6	0	BFZN	4		0.081			
Folate, total	_	130		1	MA	12		37			
Folic acid		0		0	Z	7		0			
Folate, food		130		1	MA	12		37			
Folate, DFE		130		0	NC	4		37			
Choline, total											
Betaine	mg										
Vitamin B-12	µg	0.05		0	BFZN	4		0.01			
Vitamin A, RAE	µg	24		0	NC	4		7			
Retinol	µg	6		0	NC	4		2			
Carotene, beta	µg										
Carotene, alpha	µg										
Cryptoxanthin, beta	µg										
Vitamin A, IU	<u>JU</u>	371		0	BFZN	4		105			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	µy										

	<u>Aı</u>	nount in 1	Amount in e	Amount in edible portion of common					
			Number					easures of foo	
Nutrients and Units	Mean	Std. Erro	of Data or Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	•	900	0	BFZN	4		1.389		
4:0	=	020	0	BFZN	4		0.006		
6:0	•	000	0	BFZN	4		0.000		
8:0	•	000	0	BFZN	4		0.000		
10:0	•	000 050	0	BFZN BFZN	4 4		0.000 0.014		
13:0	•	050	U	DF ZIN	*		0.014		
14:0	-	180	0	BFZN	4		0.051		
15:0	=								
16:0	-	170	0	BFZN	4		0.899		
17:0	g								
18:0	g 1.	480	0	BFZN	4		0.420		
20:0	•								
22:0	-								
24:0	•		•						
Fatty acids, total monounsaturated		090	0	BFZN	4		4.278		
14:1	=								
15:1	•	100	0	BFZN	4		0.028		
17:1	-	100	U	DF ZIN	-		0.028		
18:1 undifferentiated		000	0	BFZN	4		4.253		
20:1	-	000	0	BFZN	4		0.000		
22:1 undifferentiated		000	0	BFZN	4		0.000		
24:1 c									
Fatty acids, total polyunsaturated	g 3.	540	0	BFZN	4		1.004		
18:2 undifferentiated	g 3.	400	0	BFZN	4		0.964		
18:3 undifferentiated	=	140	0	BFZN	4		0.040		
18:4	•	000	0	BFZN	4		0.000		
20:2 n-6 c,c	-								
20:3 undifferentiated	-	000	0	BFZN	4		0.000		
20:4 undifferentiated 20:5 n-3 (EPA)		000	0	BFZN	4		0.000		
21:5		300	Ū	Dr ZI	-		0.000		
22:4	-								
22:5 n-3 (DPA)		000	0	BFZN	4		0.000		
22:6 n-3 (DHA)		000	0	BFZN	4		0.000		
Fatty acids, total trans	g								
Cholesterol	mg 3		0	BFZN	4		1		
Phytosterols	mg 0		0	BFZN	4		0		
Amino Acids:									
Tryptophan	a 0.	066	0	BFZN	4		0.019		
Threonine	•	282	0	BFZN	4		0.080		
Isoleucine		296	0	BFZN	4		0.084		
Leucine	g 0.	881	0	BFZN	4		0.250		
Lysine	g 0.:	291	0	BFZN	4		0.082		
Methionine	g 0.:	163	0	BFZN	4		0.046		
Cystine	g 0.:	125	0	BFZN	4		0.035		
Phenylalanine	g 0.	374	0	BFZN	4		0.106		
Tyrosine	•	318	0	BFZN	4		0.090		
Valine	•	402	0	BFZN	4		0.114		
Arginine		387	0	BFZN	4		0.110		
Histidine	•	238	0	BFZN	4		0.067		
Alanine	=	503 537	0	BFZN	4		0.143		
Aspartic acid		537 507	0	BFZN BFZN	4 4		0.152 0.427		
Glutamic acid	•	286	0	BFZN	4		0.427		
Proline	•	200 676	0	BFZN	4		0.192		
Serine	•	370	0	BFZN	4		0.105		
Hydroxyproline	•								

Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

Common Measures: Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

Lipids:

		Amount in 100 grams of edible portion							Amount in edible portion of common measures of food			
			Nun	nber	•			m	easures of for	<u>5a</u>		
			of	Data	Deriv	Source C	onfidence					
Nutrients and Ur	nits	Mean S	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	1.30	0.109	15		1		0.37	2.21			
Energy	kcal	445		0	NC	4		126	757			
Energy	kJ	1862				4		528	3165			
Protein (N x 6.3)		8.70	0.233	15		1		2.47	14.79			
Total lipid (fat)		15.20	0.153	24		1		4.31	25.84			
Ash		3.20	0.041	15		1		0.91	5.44			
Carbohydrate, by difference	_	71.60		0	NC	4		20.30	121.72			
Fiber, total dietary		4.8		0		4		1.4	8.1			
Sugars, total									***			
Starch												
Minerals:												
Calcium, Ca	ma	159	4.372	15		1		45	270			
Iron, Fe	_	1.63	0.037			1		0.46	2.77			
Magnesium, Mg	_	97	1.668			1		27	165			
Phosphorus, P		318	2.774			1		90	541			
Potassium, K		272	2.543			1		77	462			
Sodium, Na	-	1003	16.229			1		284	1705			
Zinc, Zn												
Copper, Cu	_	0.143	0.020	12		1		0.041	0.243			
Manganese, Mn		0.436	0.007	12		1		0.124	0.741			
Selenium, Se	_											
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.2	0.058	12		1		0.1	0.3			
Thiamin	mg	0.222	0.003	15		1		0.063	0.377			
Riboflavin	mg	0.274	0.006	15		1		0.078	0.466			
Niacin	mg	0.415	0.107	15		1		0.118	0.706			
Pantothenic acid	mg											
Vitamin B-6	mg	0.231		1		4		0.065	0.393			
Folate, total	µg	26		1		4		7	44			
Folic acid	µg	0		0	Z	7		0	0			
Folate, food	µg	26		1		4		7	44			
Folate, DFE	µg	26		0	NC	4		7	44			
Choline, total	g											
Betaine	mg											
Vitamin B-12		0.00		1		4		0.00	0.00			
Vitamin A, RAE	µg	24		0	NC	4		7	41			
Retinol		6		0	NC	4		2	10			
Carotene, beta												
Carotene, alpha												
Cryptoxanthin, beta						_						
Vitamin A, IU		380	11.470	15		1		108	646			
Lycopene												
Lutein + zeaxanthin												
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta	_											
Tocotrienol, gamma												
Tocotrienol, delta												
Vitamin D (D2 + D3) Vitamin D												
Vitamin D Vitamin K (phylloquinone)												
Dihydrophylloquinone												
Menaquinone-4												

		Amount in 100 grams of edible portion Number					Amount in edible portion of common measures of food			
Nutrients and Units	Mea	an St	d. Error	of Data Points		Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fotty saids total saturated	a	2.910		0		1		0.825	4.947	
Fatty acids, total saturated		0.010		3		1		0.003	0.017	
6:0	•									
8:0 10:0	_									
12:0	-	0.030		3		1		0.009	0.051	
13:0	-									
14:0 15:0		0.110		3		1		0.031	0.187	
16:0	-	1.880		3		1		0.533	3.196	
17:0										
18:0 20:0		0.880		3		1		0.249	1.496	
22:0										
24:0	g									
Fatty acids, total monounsaturated	-	8.950		0		1		2.537	15.215	
14:1 15:1										
16:1 undifferentiated		0.060		3		1		0.017	0.102	
17:1	-	8.890		3		1		2.520	15.113	
18:1 undifferentiated 20:1	-	0.030		3		1		2.520	15.113	
22:1 undifferentiated	-									
24:1 c	-	0 100		•						
Fatty acids, total polyunsaturated		2.100		0 3		1 1		0.595 0.573	3.570 3.434	
18:3 undifferentiated	-	0.090		3		1		0.026	0.153	
18:4										
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3 (EPA)										
21:5 22:4										
22:5 n-3 (DPA)	_									
22:6 n-3 (DHA)										
Fatty acids, total trans Cholesterol		3	0	084 15		1		1	5	
Phytosterols	•	-	•	001 15		-		-	3	
Amino Acids:										
Tryptophan		0.069		0		1		0.020	0.117	
Threonine	=	0.314		0		1 1		0.089 0.094	0.534 0.563	
IsoleucineLeucine	_	0.989		0		1		0.280	1.681	
Lysine	=	0.316		0		1		0.090	0.537	
Methionine		0.181		0		1		0.051	0.308	
CystinePhenylalanine	-	0.139		0		1 1		0.039 0.118	0.236 0.709	
Tyrosine		0.352		0		1		0.100	0.598	
Valine	g	0.446		0		1		0.126	0.758	
Arginine	_	0.429		0		1 1		0.122 0.074	0.729 0.445	
HistidineAlanine	=	0.262		0		1		0.074	0.445 0.967	
Aspartic acid	_	0.596		0		1		0.169	1.013	
Glutamic acid		1.669		0		1		0.473	2.837	
Glycine Proline		0.320 0.755		0		1 1		0.091 0.214	0.544 1.284	
Serine	=	0.411		0		1		0.117	0.699	
Hydroxyproline	g									

Snacks, tortilla chips, nacho-flavor, reduced fat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 bag (6 oz)

Calories Factors: Protein 2.9 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

		<u>Am ou</u>	nt in 100 gr	ams	of edil	ble portio	<u>on</u>	Amount in edible portion of common			
			Nun	n be r				m	easures of fo	<u>od</u>	
						Source (Confidence				
Nutrients and U	nits	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	ď	2.64	0.086	12	A	1		0.75	5.63		
Energy		472	0.000	0	NC	4		134	1006		
Energy		1976		0	NC	4		560	4209		
Protein (N x 6.2)		7.10	0.044		A	1		2.01	15.12		
Total lipid (fat)		20.68	0.344	12	A	1		5.86	44.05		
Ash		1.79	0.029	12	A	1		0.51	3.82		
Carbohydrate, by difference		67.78	0.025	0	NC	4		19.22	144.37		
Fiber, total dietary		5.4	0.289	7	A	1		1.5	11.6		
Sugars, total		0.78	0.030	7	A	1		0.22	1.66		
<u> </u>		0.78	0.030	7	A	1		0.22	1.66		
Sucrose		0.00	0.000	7	A	1		0.00	0.00		
Glucose (dextrose)		0.00	0.000	7	A	1		0.00	0.00		
Fructose		0.00	0.000	7	A	1		0.00	0.00		
Lactose		0.00				1					
Maltose			0.000	7	A	1		0.00	0.00		
Galactose		0.00	0.000	7	A			0.00	0.00		
Starch	g	62.53	0.464	7	A	1		17.73	133.20		
Minerals:											
Calcium, Ca	mg	106	2.885	12	A	1		30	225		
Iron, Fe	mg	1.52	0.033	12	A	1		0.43	3.24		
Magnesium, Mg		84	1.541	12	A	1		24	179		
Phosphorus, P		225	4.325	12	A	1		64	479		
Potassium, K		182	3.774	12	A	1		52	387		
Sodium, Na	mg	328	10.992	12	A	1		93	698		
Zinc, Zn		1.38	0.017	12	A	1		0.39	2.95		
Copper, Cu	mg	0.097	0.001	12	A	1		0.027	0.206		
Manganese, Mn		0.388	0.009	12	A	1		0.110	0.827		
Selenium, Se	µg	4.4	0.094	3	A	1		1.2	9.4		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0		
Thiamin	_	0.140	0.013	7	A	1		0.040	0.298		
Riboflavin	_	0.070	0.004	7	A	1		0.020	0.150		
Niacin	mg	0.838	0.040	7	A	1		0.238	1.786		
Pantothenic acid	mg	0.297	0.008	5	A	1		0.084	0.633		
Vitamin B-6	mg	0.179	0.017	7	A	1		0.051	0.382		
Folate, total	µg	12	0.896	4	A	1		4	26		
Folic acid	µg	0		0	NR	4		0	0		
Folate, food	µg	12	0.896	4	A	1		4	26		
Folate, DFE	µg	12		0	NC	4		4	26		
Choline, total	mg	19.4		0	AS	1		5.5	41.4		
Betaine	mg	0.4		1	A	1		0.1	0.8		
Vitamin B-12	µg	0.36		1	A	1		0.10	0.77		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	0		0	NC	4		0	0		
Retinol	µg	0		0	FLA	4		0	0		
Carotene, beta	µg	2		0	FLA	4		0	3		
Carotene, alpha	µg	0		0	FLA	4		0	0		
Cryptoxanthin, beta		2		0	FLA	4		1	4		
Vitamin A, IU		4		0	NC	4		1	9		
Lycopene		0		0	FLA	4		0	0		
Lutein + zeaxanthin		5		0	FLA	4		1	10		
Vitamin E (alpha-tocopherol)		3.53	0.280	7	A	1		1.00	7.51		
Vitamin E, added		0.00		0	z	7		0.00	0.00		
Tocopherol, beta		0.11	0.007	7	A	1		0.03	0.24		
Tocopherol, gamma		9.14	0.509	7	A	1		2.59	19.47		
Tocopherol, delta		0.36	0.016	7	A	1		0.10	0.76		
Tocotrienol, alpha		0.49	0.035	7	A	1		0.14	1.04		
Tocotrienol, beta		0.42	0.022	7	A	1		0.12	0.90		

	<u>Am</u>	Amount in 100 grams of edible portion					on_	Amount in edible portion of common measures of food			
			Num					<u>m</u> :	easures of foo	<u>od</u>	
Nutrients and Units	Mean	Std. Erro				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gamma	ng 1.1	5 0.	049	7	A	1		0.33	2.46		
Tocotrienol, delta	ng 0.0	0 0.	000	7	A	1		0.00	0.00		
Vitamin D (D2 + D3)				0	FLA	4		0.0	0.0		
Vitamin D2 (ergocalciferol)µ											
Vitamin D3 (cholecalciferol)				_				•	•		
Vitamin D				0 2	FLA A	4 1		0 5.9	0 44.5		
Vitamin K (phylloquinone)				2	A	1		12.4	93.1		
Menaquinone-4				2	A	_		12.1	93.1		
Menaquinone-4	9										
<u>Lipids:</u>											
Fatty acids, total saturated9	2.8			0	NC	4		0.797	5.987		
4:0g	0.0		000		A	1		0.000	0.000		
6:0g	0.0		000		A A	1 1		0.000 0.002	0.000		
8:0g 10:0g	0.0		001		A	1		0.002	0.017 0.022		
12:0	0.0		001		A	1		0.003	0.022		
13:0g	0.0	05 0.	.001	12		-		0.001	0.007		
14:0	0.0	15 0.	004	12	А	1		0.004	0.032		
15:0g	0.0			6	A	1		0.001	0.006		
16:0g	2.2	45 0.	099	12	A	1		0.637	4.783		
17:0g	0.0	14 0.	000	12	A	1		0.004	0.030		
18:0g	0.3	76 0.	800	12	A	1		0.106	0.800		
20:0g	0.0	76 0.	002	12	A	1		0.022	0.162		
22:0g	0.0	28 0.	001	12	A	1		0.008	0.059		
24:0g	0.0	33 0.	001	12	A	1		0.009	0.071		
Fatty acids, total monounsaturatedg	5.6	64		0	NC	4		1.606	12.064		
14:1g	0.0		000		A	1		0.000	0.000		
15:1g	0.0		000	6	A	1		0.000	0.000		
16:1 undifferentiatedg	0.0			0	NR	4		0.007	0.049		
16:1 cg	0.0		002		A	1		0.007	0.049		
16:1 tg	0.0		000	6	A	1 1		0.000	0.000		
17:1g 18:1 undifferentiatedg	0.0 5.5		000	0	A NR	4		0.002 1.576	0.016 11.843		
18:1 c	5.5		190		A	1		1.576	11.843		
18:1 t	5.5	•••	170	12		-		1.370	11.043		
18:1-11 t (18:1t n-7)											
20:1g	0.0	71 0.	006	12	A	1		0.020	0.152		
22:1 undifferentiated	0.0	02		0	NR	4		0.001	0.004		
22:1 cg	0.0	02 0.	000	12	A	1		0.000	0.003		
22:1 tg	0.0	00 0.	000	12	A	1		0.000	0.000		
24:1 c	0.0	00 0.	000	12	A	1		0.000	0.000		
Fatty acids, total polyunsaturatedg	10.7	69		0	NC	4		3.053	22.939		
18:2 undifferentiatedg	10.5			0	NR	4		2.983	22.412		
18:2 n-6 c,cg	9.6		222		A	1		2.749	20.651		
18:2 CLAsg	0.0	15 0.	002	12	A	1		0.004	0.033		
18:2 t,tg	۰. ۳		0.21		_			0.000	1 510		
18:2 ig	0.7		031		A A	1 1		0.202	1.518		
18:2 t not further definedg 18:3 undifferentiatedg	0.2		.003	0	NR	4		0.028 0.065	0.210 0.492		
18:3 n-3 c,c,c (ALA)	0.2		037		A	1		0.065	0.492		
18:3 n-6 c,c,c (ALA)	0.0			6	A	1		0.000	0.000		
18:3ig	0.0		000		A	1		0.000	0.001		
18:4g	0.0		001		A	1		0.001	0.005		
20:2 n-6 c,cg	0.0		001		A	1		0.001	0.009		
20:3 undifferentiatedg											
20:3 n-3g	0.0	00 0.	000	6	A	1		0.000	0.000		
20:3 n-6g	0.0	00 0.	000	12	A	1		0.000	0.000		
20:4 undifferentiated	0.0	05 0.	000	12	A	1		0.001	0.011		
20:4 n-6g											
20:5 n-3 (EPA)g	0.0	00 0.	000	12	A	1		0.000	0.000		
21:5g				_	_	_					
22:4g	0.0		000	6	A A	1 1		0.001	0.007		
22:5 n-3 (DPA)g	0.0		.000	14	A	_		0.000	0.000		

	<u>Am oun</u>	t in 100 gr Nun	am s	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std.	of I	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total transg	0.812		0	NC	4		0.230	1.729	
Fatty acids, total trans-monoenoicg	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoicg	0.812		0	NC	4		0.230	1.729	
Cholesterolmg	0	0.073	4	A	1		0	0	
Phytosterolsmg									
Stigmasterolmg	14	0.601	4	A	1		4	30	
Campesterolmg	24	0.856	4	A	1		7	50	
Beta-sitosterolmg	61	1.774	4	A	1		17	130	
Others:									
Alcohol, ethylg	0.0		0	NR	4		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 213g: 1 bag

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate4

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 10			pie porti	<u>on</u>		edible portion easures of fo	
				Number				<u>m</u>	easures of for	<u>5a</u>
							Confidence			
Nutrients and Un	its	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.14	4	1	A	1		0.89	6.22	
Energy	_	501		0	NC	4		142	993	
Energy		2098		0	NC	4		595	4154	
Protein (N x 6.25)		7.19	9	1	A	1		2.04	14.23	
Total lipid (fat)		24.6	3	1	A	1		6.98	48.77	
Ash		2.30	0	1	A	1		0.65	4.55	
Carbohydrate, by difference	_	62.74	4	0	NC	4		17.79	124.23	
Fiber, total dietary		4.0		1	A	1		1.1	7.9	
Sugars, total		3.0	3	1	A	1		0.86	6.01	
Sucrose		1.0		1	A	1		0.30	2.12	
Glucose (dextrose)		0.4		1	A	1		0.12	0.87	
Fructose		0.34		1	A	1		0.10	0.67	
Lactose	g	1.1		1	A	1		0.31	2.20	
Maltose		0.00		1	A	1		0.00	0.00	
Galactose	g	0.0		1	A	1		0.02	0.15	
Starch		54.80		1	A	1		15.54	108.50	
		21.00	-	_		_				
Minerals:										
Calcium, Ca	mg	134		1	A	1		38	265	
Iron, Fe	-	1.38	В	1	A	1		0.39	2.73	
Magnesium, Mg	-	87		1	A	1		25	171	
Phosphorus, P		252		1	A	1		71	499	
Potassium, K	-	259		1	A	1		73	513	
Sodium, Na	-	519	_	1	A	1		147	1028	
Zinc, Zn		1.4		1	A	1		0.41	2.83	
Copper, Cu		0.10		1	A	1		0.029	0.200	
Manganese, Mn		0.30	65	1	A	1		0.103	0.723	
Selenium, Se	µg	7.3		1	A	1		2.1	14.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.04	48	1	A	1		0.014	0.096	
Riboflavin	mg	0.0	60	1	A	1		0.017	0.119	
Niacin	mg	1.30	00	1	A	1		0.369	2.574	
Pantothenic acid	mg	0.60	00	1	A	1		0.170	1.188	
Vitamin B-6	mg	0.20	00	1	A	1		0.057	0.396	
Folate, total	µg									
Folic acid		0		0	Z	7		0	0	
Folate, food										
Folate, DFE										
Choline, total	-	18.4		0	AS	1		5.2	36.5	
Betaine	-	3.0		1	A	1		0.9	5.9	
Vitamin B-12										
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										

	<u>An</u>	Amount in 100 gran			ble portion	<u>Am ount</u>	Amount in edible portion of common measures of food			
			Number				measures	of foo	<u>d</u>	
					Source Confide	nce				
Nutrients and Units	Mean	Std. Erro	Points	Code	Code Code	Measur	e 1 Measu	re 2	Measure 3	
Vitamin Dl	Ų									
Vitamin K (phylloquinone)			1	A	1	0.4		.8		
Dihydrophylloquinone			1 1	A A	1 1	0.6		.2		
Menaquinone-4	ig 0.0		_	A	-	0.0	0	.0		
Lipids:		.20	•							
Fatty acids, total saturated		139	0	NC	4	1.0	003 7	.007		
6:0										
8:0			1	A	1			.000		
10:0			1	A	1			.044		
12:0		122	1	A	1	0.0	006 0	.044		
14:0	=	22	1	A	1	0.0	006 0	.044		
15:0		00	1	A	1	0.0	000 0	.000		
16:0	2.7	69	1	A	1	0.7	785 5	.483		
17:0	•		1	A	1			.044		
18:09			1	A	1			.085		
20:0 22:0			1 1	A A	1 1			.196 .067		
24:0	=	J <u>-</u>	_	A	-	0.0	010 0	.007		
Fatty acids, total monounsaturated		47	0	NC	4	1.9	998 13	.953		
14:1	0.0	00	1	A	1	0.0	000 0	.000		
15:1	=		1	A	1			.000		
16:1 undifferentiated			1	A	1			.044		
17:1			1 1	A A	1 1			.000		
18:1 c		19		A	1	1.3	905 13	.303		
18:1 t		47	1	A	1	0.0	070 0	.489		
18:1-11 t (18:1t n-7)										
20:1	=	59	1	A	1	0.0	017 0	.117		
22:1 undifferentiated										
24:1 c		28	0	NC	4	3 (835 26	.785		
18:2 undifferentiated			1	A	1			.126		
18:2 n-6 c,c	=									
18:2 CLAs										
18:2 t,t	•	98	1	A	1	0.0	028 0	.194		
18:2 i										
18:3 undifferentiated		:35	0	AS	1	0.0	067 0	.465		
18:3 n-3 c,c,c (ALA)	=		1	A	1			.465		
18:3 n-6 c,c,c		00	1	A	1			.000		
18:3iQ	3									
18:49	=		_	_	_					
20:2 n-6 c,c			1 1	A A	1 1			.000		
20:3 undifferentiated	•	00	1	A	1	0.0	000 0	.000		
20:3 n-6	=									
20:4 undifferentiated	0.0	00	1	A	1	0.0	000 0	.000		
20:4 n-6Q	9									
20:5 n-3 (EPA)										
21:5										
22:5 n-3 (DPA)										
22:6 n-3 (DHA)										
Fatty acids, total trans	0.3		0	NC	4			.683		
Fatty acids, total trans-monoenoic			0	NC	4			.489		
Fatty acids, total trans-polyenoic		98	0	NC	4	0.0	028 0	.194		
Cholesterolr Phytosterolsr	-									
•	'' ' 9									
Amino Acids:	_		_			_				
Tryptophan			0 0	NR NR	4 4			.115		
Threonine	, 0.2	.03	U	MK	-	0.	001 0	. 504		

	Amount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error			Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Isoleucine	0.280	0	NR	4		0.079	0.554	
Leucineg	0.871	0	NR	4		0.247	1.725	
Lysineg	0.246	0	NR	4		0.070	0.487	
Methionineg	0.154	0	NR	4		0.044	0.305	
Cystineg	0.131	0	NR	4		0.037	0.259	
Phenylalanineg	0.358	0	NR	4		0.101	0.709	
Tyrosineg	0.297	0	NR	4		0.084	0.588	
Valineg	0.380	0	NR	4		0.108	0.752	
Arginineg	0.385	0	NR	4		0.109	0.762	
Histidine	0.223	0	NR	4		0.063	0.442	
Alanineg	0.528	0	NR	4		0.150	1.045	
Aspartic acidg	0.542	0	NR	4		0.154	1.073	
Glutamic acid	1.463	0	NR	4		0.415	2.897	
Glycineg	0.295	0	NR	4		0.084	0.584	
Prolineg	0.633	0	NR	4		0.179	1.253	
Serineg	0.351	0	NR	4		0.100	0.695	
Hydroxyprolineg	0.000	1	A	1		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

Lipids:

		<u>Am ou</u>	nt in 100 gr	am s	of edil	ole portion	•	Amount in e	dible portion	of common
			Nun	nber				<u>m</u>	easures of foo	od_
			of I	Data	Deriv	Source Co	onfidence			
Nutrients and Un	its	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.60	0.112	13		1		0.45	3.63	
Energy	kcal	480		0	NC	4		136	1090	
Energy		2008		0		4		569	4559	
Protein (N x 6.2)		7.90	0.223	13		1		2.24	17.93	
Total lipid (fat)		24.20	0.362	13		1		6.86	54.93	
Ash		3.10	0.239			1		0.88	7.04	
Carbohydrate, by difference	_	63.10	0.235	0	NC	4		17.89	143.24	
•		5.3		0	NC	4		1.5	12.0	
Fiber, total dietary		3.3		U		-		1.5	12.0	
Sugars, total	_									
Ainerals:										
Calcium, Ca	ma	155	6.066	12		1		44	352	
Iron, Fe	_	2.02	0.095			1		0.57	4.59	
Magnesium, Mg	_	88	2.127			1		25	200	
0 1 0		239	13.229			1		68	543	
Phosphorus, P Potassium, K		217	10.119			1		62	493	
Sodium, Na	•	787	51.292			1		223	1786	
Zinc, Zn		1.27	0.105			1		0.36	2.88	
Copper, Cu		0.186	0.103			1		0.053	0.422	
Manganese, Mn		0.442	0.034	8		1		0.125	1.003	
Selenium, Se		6.7	0.031	0	BFZN	4		1.9	15.2	
7*4										
Vitamins:				_						
Vitamin C, total ascorbic acid	_	0.9		1		4		0.3	2.0	
Thiamin	_	0.242	0.015			1		0.069	0.549	
Riboflavin	_	0.204		10		1		0.058	0.463	
Niacin		1.999	0.100			1		0.567	4.538	
Pantothenic acid	_	0.290		1		4		0.082	0.658	
Vitamin B-6	_	0.297	0.009	3		1		0.084	0.674	
Folate, total		21		1	_	4		6	48	
Folic acid		0		0	Z	7		0	0	
Folate, food		21		1		4		6	48	
Folate, DFE		21		0	NC	4		6	48	
Choline, total										
Betaine	_									
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, RAE		45		0	NC	4		13	103	
Retinol		0		0	Z	7		0	0	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		905	119.446	8		1		257	2054	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	<u>IU</u>									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4										

Nutrients and Units		A	Amount in 1	00 grams	of edil	ble porti	<u>on</u>	Amount in a	dible perties	of common
Nutrients and Units				Number						
Firey acids, bind saturated						Source	Confidence	_		
50.	Nutrients and Units	Mean	Std. Erro	r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
50.			-10			_			40	
60. 9 80. 9 100.	•									
80		0	.020	3		-		0.006	0.045	
12.0		-								
130.	10:0	g								
14.0		0	.050	3		1		0.014	0.114	
15.0		-				_				
150.			.170	3		1		0.048	0.386	
17.0		-	. 000	3		1		0.851	6.810	
1880		-		•		-		0.031	0.010	
22-0		-	.410	3		1		0.400	3.201	
24-0	20:0	g								
Fatty scick, total monountrated	22:0	g								
14-										
15:1			.290	0		1		4.051	32.438	
16.1 undifferentiated										
17-		-	. 090	3		1		0.026	0.204	
181 undifferentiated.		-	• • • • • • • • • • • • • • • • • • • •	3		-		0.020	0.201	
22:1 undifferentiated		-	.200	3		1		4.026	32.234	
241 C	20:1	g								
Fatly acids, total polymosaurated	22:1 undifferentiated	g								
182 undifferentiated		-								
18:3 undifferentiated		0								
18:4.		0								
20.2 n-6 c c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3 (EPA). 9 21.5 9 22.4 9 22.5 n-3 (DPA). 9 22.5 n-3 (DPA). 9 22.5 n-3 (DPA). 9 22.5 n-3 (DPA). 9 22.6 n-3 (DHA). 9		-	.140	3		-		0.040	0.318	
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3 (EPA). 9 21.5 9 22.5 n-3 (EPA).										
20:5 n-3 (EPA)										
21:5	20:4 undifferentiated	g								
22:4 .g 22:5 n-3 (DPA) .g Farty acids, total trans .g Cholesterol. .mg 0 0 NR 4 0 0 Phytosterols. mg 0 0 NR 4 0 0 Phytosterols. mg 0 0 NR 4 0 0 Phytosterols. .mg 0 NR 4 0 0 Phytosterols. .mg 0 NR 4 0 0 Phytosterols. .mg 0 0 1 0.019 0.152 0.152 0 0.152 0 0.152 0.152 0.153 0 1 0.083 0.663 0.681 0.152 0.10 0.10 0.085 0.681 0.152 0.10 0.10 0.085 0.681 0.681 0.086 0.681 0.086 0.681 0.086 0.681 0.086 0.681 0.086 0.681 0.086 0.682 0.681 0.086 0.681										
22:5 n-3 (DPA) 9 22:6 n-3 (DHA) 9 Fatty acids, total trans 9 Cholesterol. mg 0 NR 4 0 0 Phytosterols Manion Acids: Tryptophan. 9 0.067 0 1 0.019 0.152 Threonine. 9 0.292 0 1 0.083 0.663 Isoleuine. 9 0.315 0 1 0.089 0.715 Leucine. 9 0.390 0 1 0.089 0.715 Leucine. 9 0.300 0 1 0.085 0.681 Methionine. 9 0.163 0 1 0.046 0.370 Cystine. 9 0.127 0 1 0.046 0.370 Cystine. 9 0.384 0 1 0.090 0.722 Tyrosine. 9 0.318 0 1 0.109 0.872 Tyrosine. 9 0.412 0 1										
22:6 n-3 (DHA) 9 Fatty acids, total trans 9 0 NR 4 0 0 Cholesterol mg 0 NR 4 0 0 Phytosterols Tryptophan 9 0.067 0 1 0.019 0.152 Tryptophan 9 0.292 0 1 0.083 0.663 Isoleucine 9 0.315 0 1 0.089 0.715 Leucine 9 0.890 0 1 0.089 0.715 Leucine 9 0.890 0 1 0.085 0.681 Methionine 9 0.300 0 1 0.095 0.681 Methionine 9 0.163 0 1 0.096 0.288 Phenylalanine 9 0.127 0 1 0.036 0.288 Phenylalanine 9 0.318 0 1 0.090 0.722 Vyosine 9 0.412 0 1		-								
Fatty acids, total trans. g g Cholesterol mg mg mg mg mg mg mg m										
Cholesterol. mg mg mg mg mg mg mg m										
Amino Acids: Tryptophan 9 0.067 0 1 0.019 0.152 Threonine 9 0.292 0 1 0.083 0.663 Isolecine 9 0.315 0 1 0.089 0.715 Leucine 9 0.890 0 1 0.252 2.020 Lysine 9 0.300 0 1 0.085 0.681 Methionine 9 0.163 0 1 0.046 0.370 Cystine 9 0.127 0 1 0.036 0.288 Phenylalanine 9 0.384 0 1 0.109 0.872 Tyrosine 9 0.318 0 1 0.109 0.872 Valine 9 0.412 0 1 0.117 0.935 Arginine 9 0.401 0 1 0.114 0.910 Histidine 9 0.512 0 1 0.145 1.162 Aspartic acid 9 0.587 <td< td=""><td></td><td></td><td></td><td>0</td><td>NR</td><td>4</td><td></td><td>0</td><td>0</td><td></td></td<>				0	NR	4		0	0	
Tryptophan. 9 0.067 0 1 0.019 0.152 Threonine. 9 0.292 0 1 0.083 0.663 Isoleucine. 9 0.315 0 1 0.089 0.715 Leucine. 9 0.890 0 1 0.252 2.020 Lysine. 9 0.300 0 1 0.085 0.681 Methionine. 9 0.163 0 1 0.046 0.370 Cystine. 9 0.163 0 1 0.046 0.370 Cystine. 9 0.163 0 1 0.046 0.370 Cystine. 9 0.163 0 1 0.036 0.288 Phenylalanine. 9 0.384 0 1 0.109 0.872 Tyrosine. 9 0.318 0 1 0.109 0.872 Tyrosine. 9 0.412 0 1 0.117	Phytosterols	mg								
Threonine 9 0.292 0 1 0.083 0.663 Isoleucine 9 0.315 0 1 0.089 0.715 Leucine 9 0.890 0 1 0.252 2.020 Lysine 9 0.300 0 1 0.085 0.681 Methionine 9 0.163 0 1 0.046 0.370 Cystine 9 0.163 0 1 0.046 0.370 Cystine 9 0.127 0 1 0.036 0.288 Phenylalanine 9 0.384 0 1 0.109 0.872 Tyrosine 9 0.318 0 1 0.109 0.872 Tyrosine 9 0.412 0 1 0.117 0.935 Valine 9 0.401 0 1 0.117 0.935 Arginine 9 0.401 0 1 0.114 0.910	Amino Acids:									
Soleucine	** *									
Leucine 9 0.890 0 1 0.252 2.020 Lysine 9 0.300 0 1 0.085 0.681 Methionine 9 0.163 0 1 0.046 0.370 Cystine 9 0.127 0 1 0.036 0.288 Phenylalanine 9 0.384 0 1 0.109 0.872 Tyrosine 9 0.318 0 1 0.900 0.722 Valine 9 0.412 0 1 0.117 0.935 Arginine 9 0.401 0 1 0.114 0.910 Histidine 9 0.240 0 1 0.145 1.162 Aspartic acid 9 0.512 0 1 0.145 1.162 Aspartic acid 9 0.587 0 1 0.166 1.332 Glutamic acid 9 0.300 0 1 0.431 3.448 Glycine 9 0.679 0 1 0.109 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>										
Lysine 9 0.300 0 1 0.085 0.681 Methionine 9 0.163 0 1 0.046 0.370 Cystine 9 0.127 0 1 0.036 0.288 Phenylalanine 9 0.384 0 1 0.109 0.872 Tyrosine 9 0.318 0 1 0.090 0.722 Valine 9 0.412 0 1 0.117 0.935 Arginine 9 0.401 0 1 0.114 0.910 Histidine 9 0.240 0 1 0.068 0.545 Alanine 9 0.512 0 1 0.145 1.162 Aspartic acid 9 0.587 0 1 0.166 1.332 Glutamic acid 9 1.519 0 1 0.431 3.448 Glycine 9 0.300 0 1 0.085 0.681 Proline 9 0.679 0 1 0.109 0.86										
Methionine 9 0.163 0 1 0.046 0.370 Cystine 9 0.127 0 1 0.036 0.288 Phenylalanine 9 0.384 0 1 0.109 0.872 Tyrosine 9 0.318 0 1 0.090 0.722 Valine 9 0.412 0 1 0.117 0.935 Arginine 9 0.401 0 1 0.114 0.910 Histidine 9 0.240 0 1 0.068 0.545 Alanine 9 0.512 0 1 0.145 1.162 Aspartic acid 9 0.512 0 1 0.145 1.162 Glutamic acid 9 0.587 0 1 0.431 3.448 Glycine 9 0.300 0 1 0.085 0.681 Proline 9 0.679 0 1 0.109 0										
Cystine 9 0.127 0 1 0.036 0.288 Phenylalanine 9 0.384 0 1 0.109 0.872 Tyrosine 9 0.318 0 1 0.090 0.722 Valine 9 0.412 0 1 0.117 0.935 Arginine 9 0.401 0 1 0.114 0.910 Histidine 9 0.240 0 1 0.068 0.545 Alanine 9 0.512 0 1 0.145 1.162 Aspartic acid 9 0.587 0 1 0.166 1.332 Glutamic acid 9 1.519 0 1 0.431 3.448 Glycine 9 0.300 0 1 0.085 0.681 Proline 9 0.679 0 1 0.192 1.541 Serine 9 0.383 0 1 0.109 0.869	3									
Phenylalanine 9 0.384 0 1 0.109 0.872 Tyrosine 9 0.318 0 1 0.090 0.722 Valine 9 0.412 0 1 0.117 0.935 Arginine 9 0.401 0 1 0.114 0.910 Histidine 9 0.240 0 1 0.068 0.545 Alanine 9 0.512 0 1 0.145 1.162 Aspartic acid 9 0.587 0 1 0.166 1.332 Glutamic acid 9 0.587 0 1 0.431 3.448 Glycine 9 0.300 0 1 0.085 0.681 Proline 9 0.679 0 1 0.192 1.541 Serine 9 0.383 0 1 0.109 0.869										
Tyrosine 9 0.318 0 1 0.090 0.722 Valine 9 0.412 0 1 0.117 0.935 Arginine 9 0.401 0 1 0.114 0.910 Histidine 9 0.240 0 1 0.068 0.545 Alanine 9 0.512 0 1 0.145 1.162 Aspartic acid 9 0.587 0 1 0.166 1.332 Glutamic acid 9 1.519 0 1 0.431 3.448 Glycine 9 0.300 0 1 0.085 0.681 Proline 9 0.679 0 1 0.192 1.541 Serine 9 0.383 0 1 0.109 0.869	•			0		1				
Arginine 9 0.401 0 1 0.114 0.910 Histidine 9 0.240 0 1 0.068 0.545 Alanine 9 0.512 0 1 0.145 1.162 Aspartic acid 9 0.587 0 1 0.166 1.332 Glutamic acid 9 1.519 0 1 0.431 3.448 Glycine 9 0.300 0 1 0.085 0.681 Proline 9 0.679 0 1 0.192 1.541 Serine 9 0.383 0 1 0.109 0.869	-		.318	0		1		0.090	0.722	
Histidine 9 0.240 0 1 0.068 0.545 Alanine 9 0.512 0 1 0.145 1.162 Aspartic acid 9 0.587 0 1 0.166 1.332 Glutamic acid 9 1.519 0 1 0.431 3.448 Glycine 9 0.300 0 1 0.085 0.681 Proline 9 0.679 0 1 0.192 1.541 Serine 9 0.383 0 1 0.109 0.869	Valine			0					0.935	
Alanine. g 0.512 0 1 0.145 1.162 Aspartic acid. g 0.587 0 1 0.166 1.332 Glutamic acid. g 1.519 0 1 0.431 3.448 Glycine. g 0.300 0 1 0.085 0.681 Proline. g 0.679 0 1 0.192 1.541 Serine. g 0.383 0 1 0.109 0.869	9			_						
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Glutamic acid g 1.519 0 1 0.431 3.448 Glycine g 0.300 0 1 0.085 0.681 Proline g 0.679 0 1 0.192 1.541 Serine g 0.383 0 1 0.109 0.869				_						
Glycine	-									
Proline g 0.679 0 1 0.192 1.541 Serine g 0.383 0 1 0.109 0.869				-						
Serineg 0.383 0 1 0.109 0.869										

Snacks, tortilla chips, taco-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.9 Fat 8.7 Carbohydrate 3.9

Food Group: 25 Snacks

		<u>Am ou</u>	nt in 100 gr			ble portic	<u>on</u>	Amount in edible portion of common measures of food		
				ber		_		<u> </u>	- usures 01 100	<u>,,,</u>
							Confidence			
Nutrients and Un	its	Mean Sto	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	а	2.09	0.167	5	A	1		0.54	0.59	0.38
Energy		503		0	NC	4		131	141	90
Energy		2103		0	NC	4		547	589	379
Protein		7.79	0.064	5	A	1		2.02	2.18	1.40
Total lipid (fat)	_	23.36	0,001	0	NR	4		6.07	6.54	4.20
Ash		1.44	0.122	5	A	1		0.37	0.40	0.26
Carbohydrate, by difference	=	65.32		0	NC	4		16.98	18.29	11.76
Fiber, total dietary		5.3	0.501	5	A	1		1.4	1.5	0.9
Sugars, total		1.00	0.021	5	A	1		0.26	0.28	0.18
		0.85	0.021	5	A	1		0.22	0.24	0.15
SucroseGlucose (dextrose)		0.07	0.000	5	A	1		0.02	0.02	0.01
Fructose		0.07	0.000	5	A	1		0.02	0.02	0.01
		0.00	0.000	5	A	1		0.00	0.00	0.00
Lactose		0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose	9	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose		6.75	0.194	5	A	1		1.76	1.89	1.22
Starcii	9	0.75	0.134	,	A	-		1.70	1.09	1.22
Minerals:										
Calcium, Ca		174	4.903	5	A	1		45	49	31
Iron, Fe		2.32	0.112	5	A	1		0.60	0.65	0.42
Magnesium, Mg		146	3.686	5	A	1		38	41	26
Phosphorus, P		200	10.702	5	A	1		52	56	36
Potassium, K		215	4.823	5	A	1		56	60	39
Sodium, Na		15		0	NR	4		4	4	3
Zinc, Zn		2.46	0.079	5	A	1		0.64	0.69	0.44
Copper, Cu		0.523		0	NR	4		0.136	0.146	0.094
Manganese, Mn		6.7		0	BFZN	4		1.7	1.9	1.2
Selenium, Se	µy	0.7		U	DF ZIN	-		1.7	1.9	1.2
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin	-	0.015	0.007	4	A	1		0.004	0.004	0.003
Riboflavin	-	0.100	0.057	5	A	1		0.026	0.028	0.018
Niacin	-	1.262	1.255	3	A	1		0.328	0.353	0.227
Pantothenic acid	-	1.185	0.065	3	A	1		0.308	0.332	0.213
Vitamin B-6	-	0.213	0.007	3	A	1		0.055	0.060	0.038
Folate, total		10		0	NR	4		3	3	2
Folic acid		0		0	Z	7		0	0	0
Folate, food		10 10		0	NR NC	4		3	3	2
Folate, DFE				•	2.0	-		•	3	2
Choline, total		18.1		0	FLA	4		4.7	5.1	3.3
Betaine		0.36		1	A	1		0.09	0.10	0.07
Vitamin B-12		0.00		0	Z	7		0.00	0.10 0.00	0.07 0.00
Vitamin B-12, added Vitamin A, RAE		4		0	NC	4		1	1	1
Retinol		0		٥	Z	7		0	0	0
Carotene, beta		37		0	0	4		10	10	7
Carotene, alpha		24		٥	0	4		6	7	4
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		82		0	NC	4		21	23	15
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		507		0	0	4		132	142	91
Vitamin E (alpha-tocopherol)		3.53		0	0	4		0.92	0.99	0.64
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta					_	•				2.30
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										

	<u>An</u>	nount in 1	00 grams	Amount in edible portion of common					
			Nivers is a se	_				easures of foo	
			Number		0	0 (1 - 1	<u></u>	0404100 01101	24
						Confidence			
Nutrients and Units	Mean	Std. Erro	_r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg									
Vitamin D (D2 + D3)µg	0.0)	0	Z	7		0.0	0.0	0.0
Vitamin DIU	0			Z	7		0	0	0
Vitamin K (phylloquinone)µg	0.7	,	0	NR	4		0.2	0.2	0.1
Dihydrophylloquinoneµg	43.7	,	2	A	1		11.4	12.2	7.9
Menaquinone-4µg									
Lipids:									
Fatty acids, total saturated	2.4	158	0	NR	4		0.639	0.688	0.442
4:0g	0.0	000	0		4		0.000	0.000	0.000
6:0g	0.0	000	0		4		0.000	0.000	0.000
8:0g	0.0	000	0		4		0.000	0.000	0.000
10:0g	0.0	000	0		4		0.000	0.000	0.000
12:0g	0.0	145	0	NR	4		0.012	0.013	0.008
13:0g									
14:0g	0.0	002	0	NR	4		0.001	0.001	0.000
15:0g									
16:0g	1.8	356	0	NR	4		0.483	0.520	0.334
17:0g									
18:0g	0.4	118	0	NR	4		0.109	0.117	0.075
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	9.5	520	0	NR	4		2.475	2.666	1.714
14:1g									
15:1g									
16:1 undifferentiatedg	0.0	34	0	NR	4		0.009	0.010	0.006
17:1g									
18:1 undifferentiatedg	9.2	242	0	NR	4		2.403	2.588	1.664
20:1g	0.1	L 84	0	NR	4		0.048	0.052	0.033
22:1 undifferentiatedg	0.0	060	0	NR	4		0.016	0.017	0.011
24:1 cg									
Fatty acids, total polyunsaturatedg	9.9	956	0	NR	4		2.589	2.788	1.792
18:2 undifferentiatedg	8.8	360	0	NR	4		2.304	2.481	1.595
18:3 undifferentiatedg	1.0	96	0	NR	4		0.285	0.307	0.197
18:4g	0.0	000	0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	000	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.0	000	0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.0	000	0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0	NR	4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0)	0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 26g: 1 cup

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

Snacks, tortilla chips, unsalted, white corn

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

Lipids:

Nutrients and Units		<u>An</u>	nount in 1			ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Provisitantes:	Nutrionto and II	nito	Moon	Std Erro	of Data	Deriv			_		
Water	Nutrients and O	iiits	Weali	Sid. ETC	1 011113	Oouc	Oouc	Oouc	Wiedsure i	WedSure 2	weasure 3
Water	Proximates:										
Energy		g	9.2	:0	1		1		13.80	2.61	3.86
Protein (N s S s)	Energy	kcal	462		0	NC	4		693	131	194
Posein (N. S. A.).	Energy	kJ	1933				4		2900	548	812
Total Ipid (fath			13.8	0	1		1		20.70	3.91	5.80
Ash			29.4	.0	1		1		44.10	8.33	12.35
Carbolydrane, by difference			2.6	0	1		1		3.90	0.74	1.09
Fiber, total dictary		-	44.9	0	0	NC	4		67.35	12.73	18.86
Sugars, Iosal											
Surch. 9	•										
Calcium, Ca.	9 1										
Iron, Fc.	Minerals:										
Iron, PC		<u>mg</u>	78		1		1		117	22	33
Magnesium Mg	, , , , , , , , , , , , , , , , , , , ,		3.0	5	1		1		4.58	0.86	1.28
Phosphons.P.	,	-	158		1		1		237	45	66
Sodium, Na.			345		1		1		518	98	145
Zinc, Zn.	Potassium, K	mg	685		1		1		1028	194	288
Copper, Cu	Sodium, Na	mg	229		1		1		344	65	96
Manganese, Mn	Zinc, Zn	mg	3.2	:2	1		1		4.83	0.91	1.35
Vitamins Vitamins Vitamin C. total ascorbic acid	Copper, Cu	mg	0.9	85	1		1		1.478	0.279	0.41
Vitamins: Vitamin C, total ascorbic acid. Mg 1.4 1 1 2.1 0.4 0.6 Thiamin. Mg 0.452 1 1 0.693 0.131 0.2 Riboflavin. Mg 0.198 1 1 0.297 0.056 0.6 Niacin. Mg 0.198 1 1 1.2433 0.254 0.3 Niacin. Mg 0.895 1 1 1.3433 0.254 0.3 Vitamin B-6. Mg 0.298 1 1 1.0447 0.084 0.3 Folate, food. µg 71 1 1 1 107 20 30 Folate, food. µg 71 1 1 1 107 20 30 Folate, food. µg 71 1 1 1 107 20 30 Folate, food. µg 71 0 NC 4 107 0 0	Manganese, Mn	mg	1.0	34	1		1		1.551	0.293	0.434
Vitamin C, total ascorbic acid	Selenium, Se	µg									
Thiamin. mg 0.462 1 1 0.693 0.131 0.7 Riboflavin. mg 0.198 1 1 0.297 0.056 0.2 Riboflavin. mg 0.198 1 1 7.068 1.336 1.5 Pantotheric acid. mg 0.895 1 1 1.343 0.254 0.2 Vitamin B-6. mg 0.298 1 1 1.443 0.254 0.2 Folate, total. µg 71 1 1 107 20 30 Folate, food. µg 71 1 1 107 20 30 Folate, food. µg 71 0 NC 4 107 20 30 Folate, food. µg 71 0 NC 4 107 20 30 Choline, total mg 7 0 NC 4 1 0 0 0 Vitamin B-12. <td></td>											
Riboflavin		-								0.4	0.6
Niacin											0.194
Pantothenic acid		-									0.083
Vitamin B-6. Mg 0.298 1 1 0.447 0.084 0.1 Folate, total. Jg 71 1 1 107 20 30 Folate, total. Jg 0 0 z 7 0 0 0 0 6 Folate, food. Jg 71 1 1 1 107 20 30 7 6 0											1.979
Folate, total		-									0.376
Folic acid		_		198							0.12
Folate, food	, , , , , , , , , , , , , , , , , , ,					_					
Folate, DFE					-	Z	-				
Choline, total	· · · · · · · · · · · · · · · · · · ·										
Betaine			71		U	NC	4		107	20	30
Vitamin B-12	,										
Vitamin A, RAE.		-	0.0				-		0.00	0.00	0.00
Retinol				.0		NO					
Carotene, beta											
Carotene, alpha			J		U	4	,		U	U	U
Cryptoxanthin, beta	,										
Vitamin A, IU											
Lycopene			18		1		1		27	5	8
Lutein + zeaxanthin					-		-			•	ŭ
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Vitamin D (D2 + D3) µg Vitamin D lU Vitamin K (phylloquinone) µg Dihydrophylloquinone µg											
Tocopherol, beta											
Тосорherol, gamma											
Tocotrienol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)µg Dihydrophylloquinoneµg											
Menagrinone-4 UC	Dihydrophylloquinone	µg									
manupul duminum duminu	Menaquinone-4	µg									

	A	mount in 1	00 grams	of edi	ble porti	<u>ion</u>	Amount in a	edible portion o	of common
			Number					easures of foo	
Nutrients and Units	Mean	Std. Erro			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	.g 5.	550	0		1		8.325	1.573	2.331
4:0	-								
6:0	-	010	1		1		0.015	0.003	0.004
8:0	.0	200 160	1 1		1 1		0.300 0.240	0.057 0.045	0.084 0.067
12:0	•	170	1		1		1.755	0.043	0.491
13:0			_		_		21.00	01002	
14:0	-	480	1		1		0.720	0.136	0.202
15:0	-								
16:0	-	530	1		1		3.795	0.717	1.063
17:0	-	000	1		1		1 500	0.004	0 420
18:0 20:0.	-	000	_		_		1.500	0.284	0.420
22:0	•								
24:0	-								
Fatty acids, total monounsaturated	.g 12.	530	0		1		18.795	3.552	5.263
14:1									
15:1	-		_		_				
16:1 undifferentiated	-	070	1		1		0.105	0.020	0.029
17:1	-	290	1		1		18.435	3.484	5.162
20:1		170	1		1		0.255	0.048	0.071
22:1 undifferentiated	-						01200	01020	
24:1 c									
Fatty acids, total polyunsaturated	.g 9.	650	0		1		14.475	2.736	4.053
18:2 undifferentiated		580	1		1		14.370	2.716	4.024
18:3 undifferentiated	-	070	1		1		0.105	0.020	0.029
18:4	-								
20:2 n-6 c,c	-								
20:3 undifferentiated 20:4 undifferentiated	-								
20:5 n-3 (EPA)	-								
21:5	-								
22:4	.g								
22:5 n-3 (DPA)	.9								
22:6 n-3 (DHA)									
Fatty acids, total trans			-				•	•	•
Cholesterol			1		1		0	0	0
Phytosterols	iiig								
Amino Acids:									
Tryptophan		166	0		1		0.249	0.047	0.070
Threonine		482 515	0		1 1		0.723 0.773	0.137	0.202
IsoleucineLeucine		890	0		1		1.335	0.146 0.252	0.216 0.374
Lysine		515	0		1		0.773	0.232	0.216
Methionine		202	0		1		0.303	0.057	0.085
Cystine		217	0		1		0.326	0.062	0.091
Phenylalanine	g 0.	658	0		1		0.987	0.187	0.276
Tyrosine	.g 0.	457	0		1		0.686	0.130	0.192
Valine		658	0		1		0.987	0.187	0.276
Arginine		520	0		1		2.280	0.431	0.638
Histidine		357	0		1		0.536	0.101	0.150
Alanine		587	0		1 1		0.881	0.166	0.247
Aspartic acid		523 023	0		1		2.285 4.535	0.432 0.857	0.640 1.270
Glutamic acid		023 775	0		1		1.163	0.220	0.326
Proline		625	0		1		0.938	0.220	0.263
Serine		650	0		1		0.975	0.184	0.273
Hydroxyproline									

Snacks, trail mix, regular

Common Measures:

Measure 1 = 150g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

Refuse:0%

Lipids:

		<u>An</u>	ount in 10			pie portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number				<u> </u>	easures or roc	<u> </u>	
							Confidence				
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	9.2	0	1		1		13.80	2.61	3.86	
Energy	kcal	462		0	NC	4		693	131	194	
Energy	kJ	1933				4		2900	548	812	
Protein (N x 5.4)	g	13.8	0	1		1		20.70	3.91	5.80	
Total lipid (fat)	g	29.4	0	1		1		44.10	8.33	12.35	
Ash	g	2.6	0	1		1		3.90	0.74	1.09	
Carbohydrate, by difference	g	44.9	0	0	NC	4		67.35	12.73	18.86	
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:_											
Calcium, Ca	mg	78		1		1		117	22	33	
Iron, Fe	mg	3.0	5	1		1		4.58	0.86	1.28	
Magnesium, Mg	mg	158		1		1		237	45	66	
Phosphorus, P	mg	345		1		1		518	98	145	
Potassium, K	mg	685		1		1		1028	194	288	
Sodium, Na	mg	10		0		1		15	3	4	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	3.2		1		1		4.83	0.91	1.35	
Copper, Cu	_	0.9		1		1		1.478	0.279	0.41	
Manganese, Mn		1.0	34	1		1		1.551	0.293	0.43	
Selenium, Se	µg										
Vitamins:											
Vitamin C, total ascorbic acid	_	1.4		1		1		2.1	0.4	0.6	
Thiamin	_	0.4		1		1		0.693	0.131	0.19	
Riboflavin		0.1		1		1		0.297	0.056	0.08	
Niacin		4.7		1		1		7.068	1.336	1.97	
Pantothenic acid	_	0.8		1		1		1.343	0.254	0.37	
Vitamin B-6	-	0.2	96	1 1		1 1		0.447	0.084	0.12	
Folia e id		71 0		0	z	7		107 0	20 0	30 0	
Folic acid		71		1	4	1		107	20	30	
Folate, food		71		0	NC	4		107	20	30	
Folate, DFE		, _		· ·	140	-		107	20	30	
Betaine											
Vitamin B-12		0.0	0	1		1		0.00	0.00	0.00	
Vitamin A. RAE		1	-	0	NC	4		1	0	0	
Retinol		0		0	Z	7		0	0	0	
Carotene, beta									-	-	
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		18		1		1		27	5	8	
Lycopene											
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	hg										

	<u>Am</u>	ount in 100 gram		on_		dible portion o	
Nutrients and Units	Mean	of Data Std. Error Points	a Deriv Source s Code Code		Measure 1	Measure 2	Measure 3
Fatty acids, total saturated		50 0	1		8.325	1.573	2.331
4:0 6:0		10 1	1		0.015	0.003	0.004
8:0	-		1		0.300	0.057	0.084
10:0	-	60 1	1		0.240	0.045	0.067
12:0	.g 1.1	70 1	1		1.755	0.332	0.491
13:0							
14:0		80 1	1		0.720	0.136	0.202
15:0 16:0		30 1	1		3.795	0.717	1.063
17:0			-		3.733	0.717	1.005
18:0	-	00 1	1		1.500	0.284	0.420
20:0	.g						
22:0	-						
24:0		20 0			10 505	2 550	F 063
Fatty acids, total monounsaturated	-	30 0	1		18.795	3.552	5.263
15:1	-						
16:1 undifferentiated	-	70 1	1		0.105	0.020	0.029
17:1	.g						
18:1 undifferentiated	-		1		18.435	3.484	5.162
20:1	-	70 1	1		0.255	0.048	0.071
22:1 undifferentiated	-						
24:1 cFatty acids, total polyunsaturated		50 0	1		14.475	2.736	4.053
18:2 undifferentiated			1		14.370	2.716	4.024
18:3 undifferentiated		70 1	1		0.105	0.020	0.029
18:4	.g						
20:2 n-6 c,c	-						
20:3 undifferentiated	-						
20:4 undifferentiated 20:5 n-3 (EPA)	-						
21:5	-						
22:4	-						
22:5 n-3 (DPA)	-						
22:6 n-3 (DHA)	g						
Fatty acids, total trans							
Cholesterol		1	1		0	0	0
Phytosterols	.mg						
Amino Acids:							
Tryptophan			1		0.249	0.047	0.070
Threonine			1		0.723	0.137	0.202
Isoleucine			1		0.773	0.146	0.216
Leucine			1 1		1.335	0.252	0.374
Lysine			1		0.773 0.303	0.146 0.057	0.216 0.085
Methionine			1		0.326	0.062	0.091
Phenylalanine	•		1		0.987	0.187	0.276
Tyrosine	-		1		0.686	0.130	0.192
Valine		58 0	1		0.987	0.187	0.276
Arginine		20 0	1		2.280	0.431	0.638
Histidine			1		0.536	0.101	0.150
Alanine	-		1		0.881	0.166	0.247
Aspartic acid			1		2.285	0.432	0.640
Glutamic acid			1		4.535	0.857	1.270
GlycineProline			1 1		1.163 0.938	0.220 0.177	0.326 0.263
Serine			1		0.938	0.177	0.263
Hydroxyproline	•	0	-		3.575	0.101	0.2/3
)) F	-						

Snacks, trail mix, regular, unsalted

Common Measures:

Measure 1 = 150g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 100	grams	ot edil	ole portion			dible portion	
			ı	Num ber				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source Cor	fidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	6.6	0	1		1		9.64	1.87	2.77
Energy		484		0	NC	4		706	137	203
Energy		2024		0	NC	4		2955	574	850
Protein (N x 5.5)		14.2	0	1		1		20.73	4.03	5.96
Total lipid (fat)		31.9	0	1		1		46.57	9.04	13.40
Ash		2.3		1		1		3.36	0.65	0.97
Carbohydrate, by difference	-	44.9		0	NC	4		65.55	12.73	18.86
Fiber, total dietary		5.0		0	FLC	4		7.4	1.4	2.1
Sugars, total		23.8	8	0	FLC	4		34.87	6.77	10.03
Starch		2.0		0	FLC	4		2.98	0.58	0.86
	9	2.0	•	ŭ	120	-		2.50	0.50	0.00
Minerals: Calcium, Ca	ma	109		1		1		159	31	46
Iron, Fe		3.3	9	1		1		4.95	0.96	1.42
Magnesium, Mg	_	161	•	1		1		235	46	68
Phosphorus, P		387		1		1		565	110	163
Potassium, K		648		1		1		946	184	272
Sodium, Na	-	121		1		1		177	34	51
Zinc, Zn	_	3.1	4	1		1		4.58	0.89	1.32
Copper, Cu	_	0.8	44	1		1		1.232	0.239	0.35
Manganese, Mn		1.0	62	1		1		1.551	0.301	0.44
Selenium, Se		15.4		0	FLC	4		22.5	4.4	6.5
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.3		1		1		1.9	0.4	0.5
Thiamin	_	0.4	13	1		1		0.603	0.117	0.17
Riboflavin	_	0.2	24	1		1		0.327	0.064	0.09
Niacin	_	4.4	05	1		1		6.431	1.249	1.85
Pantothenic acid	mg	0.9	64	1		1		1.407	0.273	0.40
Vitamin B-6	mg	0.2	59	1		1		0.378	0.073	0.10
Folate, total	µg	52		0	FLC	4		76	15	22
Folic acid	µg	0		0	FLC	4		0	0	0
Folate, food	µg	52		0	FLC	4		76	15	22
Folate, DFE	µg	52		0	NC	4		76	15	22
Choline, total	mg	30.7		0	FLC	4		44.8	8.7	12.9
Betaine	mg	8.6		0	FLC	4		12.5	2.4	3.6
Vitamin B-12	µg	0.0		1		1		0.00	0.00	0.00
Vitamin B-12, added		0.0	0	0	NR	4		0.00	0.00	0.00
Vitamin A, RAE		0		0	NC	4		1	0	0
Retinol		0		0	FLC	4		0	0	0
Carotene, beta		6		0	FLC	4		8	2	2
Carotene, alpha		0		0	FLC	4		0	0	0
Cryptoxanthin, beta		0		0	FLC	4		0	0	0
Vitamin A, IU		10		0	NC	4		14	3	4
Lycopene		0		0	FLC	4		0	0	0
Lutein + zeaxanthin		6	•	0	FLC	4		9	2	3
Vitamin E (alpha-tocopherol)		8.4		0	FLC FLC	4 4		12.26 0.00	2.38	3.53
Vitamin E, added	_	0.0		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta		0.2 2.0		0	FLC	4		2.94	0.07 0.57	0.11 0.85
Tocopherol, gamma		0.10		0	FLC	4		0.14	0.03	0.85
Tocopherol, delta Tocotrienol, alpha		0.0		0	FLC	4		0.00	0.03	0.00
Tocotrienol, beta		0.0		0	FLC	4		0.03	0.00	0.00
Tocotrienol, gamma		0.0		0	FLC	4		0.05	0.01	0.01
Tocotrienol, delta		0.0		0	FLC	4		0.00	0.01	0.01
Vitamin D (D2 + D3)		0.0	•	0	FLC	4		0.00	0.0	0.00
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)		0.0		U	FIIC	-		0.0	0.0	0.0
Vitamin D2 (ergocalciferor) Vitamin D3 (cholecalciferor)										
Vitamin D		0		0	FLC	4		0	0	0
·		6.5		0		-		9.5	-	•

		Amo	ount	t in 10	0 grams	of edi	ble porti	<u>on</u>	Amount in e	edible portion	of common
					Number					easures of foo	
							Source	Confidence			
Nutrients and Units		Mean	Std.	Error	Points		Code	Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone		0.0			0 0	FLC FLC	4 4		0.0	0.0	0.0
Lipids:											
Fatty acids, total saturated	g	6.09	0		0	NC	4		8.892	1.727	2.558
4:0		0.00	0		0	FLC	4		0.000	0.000	0.000
6:0	g	0.01	0		1		1		0.014	0.003	0.004
8:0		0.20			1		1		0.295	0.057	0.085
10:0		0.17			1		1		0.253	0.049	0.073
12:0	-	1.21			1 0	FLC	1 4		1.769 0.000	0.343 0.000	0.509 0.000
14:0	•	0.51			1	FLC	1		0.000	0.000	0.000
15:0	-	0.00			0	FLC	4		0.001	0.000	0.000
16:0	-	2.64			1		1		3.860	0.750	1.110
17:0	g	0.01	5		0	FLC	4		0.021	0.004	0.006
18:0	-	1.10	6		1		1		1.614	0.313	0.464
20:0		0.08			0	FLC	4		0.123	0.024	0.035
22:0	-	0.09			0	FLC	4		0.133	0.026	0.038
Fatty acids, total monounsaturated	-	0.03 13.02			0	FLC NC	4 4		0.051 19.019	0.010 3.693	0.015 5.471
14:1	-	0.00			0	FLC	4		0.000	0.000	0.000
15:1	-	0.00			0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated		0.06			1		1		0.098	0.019	0.028
17:1	-	0.00	3		0	FLC	4		0.004	0.001	0.001
18:1 undifferentiated	g	12.76	8		1		1		18.642	3.620	5.363
20:1	-	0.18			1		1		0.267	0.052	0.077
22:1 undifferentiated	-	0.00			0	FLC	4		0.007	0.001	0.002
24:1 c		0.00			0	FLC	4		0.001	0.000	0.000
Fatty acids, total polyunsaturated		10.87			0 1	NC	4 1		15.871 15.736	3.082 3.056	4.566 4.527
18:2 undifferentiated		0.07			1		1		0.112	0.022	0.032
18:4	-	0.00			0	FLC	4		0.003	0.001	0.001
20:2 n-6 c,c	-	0.00	1		0	FLC	4		0.001	0.000	0.000
20:3 undifferentiated	g	0.00	0		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated		0.00			0	FLC	4		0.013	0.002	0.004
20:5 n-3 (EPA)		0.00			0	FLC	4		0.003	0.001	0.001
21:5	-	0.00			0	FLC	4 4		0.000	0.000	0.000
22:4 22:5 n-3 (DPA)	-	0.00			0	FLC FLC	4		0.000	0.000 0.000	0.000
22:5 n-3 (DPA)		0.00			0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans									0.000	0.000	
Cholesterol		4			1		1		6	1	2
Phytosterols	mg										
Stigmasterol		0			0	FLC	4		0	0	0
Campesterol		3			0	FLC	4		4	1	1
Beta-sitosterol	mg	31			0	FLC	4		45	9	13
Amino Acids:											
Tryptophan	-	0.16			0		1		0.238	0.046	0.068
Threonine	-	0.50			0		1		0.731	0.142	0.210
IsoleucineLeucine	-	0.55 0.95			0		1 1		0.810 1.394	0.157 0.271	0.233 0.401
Lysine	-	0.58			0		1		0.853	0.166	0.245
Methionine		0.21			0		1		0.317	0.062	0.091
Cystine		0.19	1		0		1		0.279	0.054	0.080
Phenylalanine		0.68	7		0		1		1.003	0.195	0.289
Tyrosine	g	0.50			0		1		0.739	0.143	0.213
Valine	-	0.70			0		1		1.025	0.199	0.295
Arginine		1.49			0		1		2.187	0.425	0.629
Histidine		0.35 0.58			0		1 1		0.520 0.848	0.101 0.165	0.150 0.244
AlanineAspartic acid	-	1.53			0		1		2.235	0.165	0.244
Glutamic acid		3.00			0		1		4.389	0.852	1.263
Glycine	-	0.76			0		1		1.120	0.217	0.322

Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

	<u>Am ount i</u>	in 100 grams	Amount in e	Amount in edible portion of common			
		Number			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. E	of Data Error Points		Source Confidence Code Code		Measure 2	Measure 3
Prolineg	0.689	0		1	1.006	0.195	0.289
Serineg Hydroxyprolineg	0.656	0		1	0.958	0.186	0.276
Others:							
Alcohol, ethylg	0.0	0	FLC	4	0.0	0.0	0.0
Caffeinemg	0	0	FLC	4	0	0	0
Theobrominemg	0	0	FLC	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

NDB No. 19822 Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Refuse:0%

Lipids:

	Am	ount in 10	00 grams Number	Amount in edible portion of common measures of food						
Nutrients and Uni	its	Mean	Std. Erro	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.6	0	1		1		9.64	1.87	2.77
Energy	kcal	484		0	NC	4		707	137	203
Energy		2025		0		4		2957	574	851
Protein (N x 5.5)		14.2	0	1		1		20.73	4.03	5.96
Total lipid (fat)		31.9	0	1		1		46.57	9.04	13.40
Ash		2.3	0	1		1		3.36	0.65	0.97
Carbohydrate, by difference	_	44.9	0	0	NC	4		65.55	12.73	18.86
Fiber, total dietary	-									
Sugars, total										
Starch										
Starch	9									
Minerals:										
Calcium, Ca	mg	109		1		1		159	31	46
Iron, Fe	mg	3.3	9	1		1		4.95	0.96	1.42
Magnesium, Mg	mg	161		1		1		235	46	68
Phosphorus, P	<u>mg</u>	387		1		1		565	110	163
Potassium, K	mg	648		1		1		946	184	272
Sodium, Na	-	27		0		1		39	8	11
Zinc, Zn		3.1		1		1		4.58	0.89	1.32
Copper, Cu		0.8		1		1		1.232	0.239	0.354
Manganese, Mn	-	1.0	62	1		1		1.551	0.301	0.446
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.3		1		1		1.9	0.4	0.5
Thiamin	-	0.4	13	1		1		0.603	0.117	0.173
Riboflavin		0.2	24	1		1		0.327	0.064	0.094
Niacin	-	4.4	05	1		1		6.431	1.249	1.850
Pantothenic acid	mg	0.9	64	1		1		1.407	0.273	0.405
Vitamin B-6	mg	0.2	59	1		1		0.378	0.073	0.109
Folate, total	µg	65		1		1		95	18	27
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	65		1		1		95	18	27
Folate, DFE	µg	65		0	NC	4		95	18	27
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.0	0	1		1		0.00	0.00	0.00
Vitamin A, RAE	µg	13		0	NR	4		19	4	6
Retinol	µg	1		0	NC	4		1	0	0
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	<u>IU</u>	44		1		1		64	12	18
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone) Dihydrophylloquinone										

	<u>Am</u>	ount in 100 grams		tion_		dible portion o	
Nutrients and Units	Mean		Deriv Source		Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 6.10	0 0	1		8.906	1.729	2.562
4:0	•						
6:0 8:0	-		1 1		0.015 0.307	0.003 0.060	0.004 0.088
10:0	•		1		0.307	0.060	0.088
12:0	•		1		1.840	0.357	0.529
13:0	-						
14:0		0 1	1		0.788	0.153	0.227
15:0							
16:0		0 1	1		4.015	0.780	1.155
17:0 18:0	=	0 1	1		1.679	0.326	0.483
20:0	=		-		1.079	0.320	0.405
22:0	-						
24:0	•						
Fatty acids, total monounsaturated	g 13.54	0 0	1		19.768	3.839	5.687
14:1	g						
15:1	_	_	_				
16:1 undifferentiated	•	0 1	1		0.102	0.020	0.029
17:1 18:1 undifferentiated	•	0 1	1		19.389	3.765	5.578
20:1	-		1		0.277	0.054	0.080
22:1 undifferentiated	=		-		0.277	0.034	0.000
24:1 c	-						
Fatty acids, total polyunsaturated		0 0	1		16.483	3.201	4.742
18:2 undifferentiated		0 1	1		16.367	3.178	4.708
18:3 undifferentiated		0 1	1		0.117	0.023	0.034
18:4	g						
20:2 n-6 c,c	=						
20:3 undifferentiated	=						
20:4 undifferentiated	=						
20:5 n-3 (EPA)	-						
22:4	-						
22:5 n-3 (DPA)	•						
22:6 n-3 (DHA)	g						
Fatty acids, total trans	g						
Cholesterol	-	0	NR 4		0	0	0
Phytosterols	mg						
Amino Acids:							
Tryptophan	g 0.16	3 0	1		0.238	0.046	0.068
Threonine			1		0.731	0.142	0.210
Isoleucine			1		0.810	0.157	0.233
Leucine			1		1.394	0.271	0.401
Lysine			1		0.853	0.166	0.245
Methionine			1 1		0.317 0.279	0.062 0.054	0.091
Cystine Phenylalanine	•		1		1.003	0.054	0.080 0.289
Tyrosine	•		1		0.739	0.143	0.213
Valine	•		1		1.025	0.199	0.295
Arginine	•		1		2.187	0.425	0.629
Histidine	g 0.35	6 0	1		0.520	0.101	0.150
Alanine	g 0.58	1 0	1		0.848	0.165	0.244
Aspartic acid			1		2.235	0.434	0.643
Glutamic acid			1		4.389	0.852	1.263
Glycine			1		1.120	0.217	0.322
Proline			1		1.006	0.195	0.289
Serine		6 0	1		0.958	0.186	0.276
Hydroxyproline	y						

Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Common Measures:

Measure 1 = 146g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

Refuse:0%

Lipids:

		<u>Am</u>	ount in 10			ble porti	<u>on</u>		edible portion e	
Nutrients and Un	its	Mean	Std. Error		Deriv		Confidence Code	Measure 1	Measure 2	Measure
Proximates:			_			_				
Water	_	9.0	0	0		1		12.60	2.55	3.78
Energy		442		0	NC	4		618	125	185
Energy		1847	_	0	NC	4		2586	524	776
Protein (N x 0)		6.3		0		1		8.82	1.79	2.65
Total lipid (fat)		17.1		0		1		23.94	4.85	7.18
Ash		2.0		0		1		2.80	0.57	0.84
Carbohydrate, by difference		65.6	0	0	NC	4		91.84	18.60	27.55
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0		1		80	16	24
Iron, Fe	-	2.6	4	0		1		3.70	0.75	1.1
Magnesium, Mg	-	96		0		1		134	27	40
Phosphorus, P		186		0		1		260	53	78
Potassium, K	mg	709		0		1		993	201	298
Sodium, Na	mg	95		0	NR	4		133	27	40
Zinc, Zn	<u>mg</u>	1.1	7	0		1		1.64	0.33	0.49
Copper, Cu	mg	0.5	28	0		1		0.739	0.150	0.2
Manganese, Mn	<u>mg</u>	0.9	66	0		1		1.352	0.274	0.40
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.6		0		1		10.6	2.2	3.2
Thiamin	mg	0.4	50	0		1		0.630	0.128	0.1
Riboflavin	mg	0.1	15	0		1		0.161	0.033	0.0
Niacin	mg	1.4	82	0		1		2.075	0.420	0.6
Pantothenic acid	mg	1.2	18	0		1		1.705	0.345	0.5
Vitamin B-6	mg	0.3	27	0		1		0.458	0.093	0.1
Folate, total	µg	42		0		1		59	12	18
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	42		0		1		59	12	18
Folate, DFE	µg	42		0	NC	4		59	12	18
Choline, total	-									
Betaine										
Vitamin B-12		0.0	0	0		1		0.00	0.00	0.0
Vitamin A, RAE		2		0	NC	4		3	1	1
Retinol		0		0	Z	7		0	0	0
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		49		0		1		69	14	21
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D (D2 + D3)										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	<u> </u>	mount in	100 grams	of edible portion	Amount in e	edible portion	of common
			Number			easures of foo	
Nutrients and Units	Mean	Std. Er	of Data ror Points	Deriv Source Confi Code Code Co	dence ode Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	.g 8	.480	0	1	11.872	2.404	3.562
4:0	_						
6:0	=	.050	0	1	0.070	0.014	0.021
8:0 10:0	.0	.640 .510	0	1 1	0.896 0.714	0.181 0.145	0.269 0.214
12:0	-	.860	0	1	5.404	1.094	1.621
13:0	_	.000	Ů	-	3.101	1.034	1.021
14:0	-	.490	0	1	2.086	0.422	0.626
15:0	_						
16:0	-	.270	0	1	1.778	0.360	0.533
17:0	.g						
18:0	.g 0	640	0	1	0.896	0.181	0.269
20:0	_						
22:0	_						
24:0	-	400	•	-	2 406	0. 806	1 046
Fatty acids, total monounsaturated		.490	0	1	3.486	0.706	1.046
15:1	_						
16:1 undifferentiated	-	.010	0	1	0.014	0.003	0.004
17:1	=		· ·	_	0.011	0.003	******
18:1 undifferentiated		460	0	1	3.444	0.697	1.033
20:1	-	.010	0	1	0.014	0.003	0.004
22:1 undifferentiated	.g						
24:1 c	.g						
Fatty acids, total polyunsaturated		.160	0	1	7.224	1.463	2.167
18:2 undifferentiated		.120	0	1	7.168	1.452	2.150
18:3 undifferentiated		.040	0	1	0.056	0.011	0.017
18:4	_						
20:2 n-6 c,c	_						
20:3 undifferentiated 20:4 undifferentiated	_						
20:5 n-3 (EPA)	_						
21:5	_						
22:4	_						
22:5 n-3 (DPA)	.g						
22:6 n-3 (DHA)	.g						
Fatty acids, total trans							
Cholesterol			0	1	0	0	0
Phytosterols	.mg 80		0	1	112	23	34
Amino Acids:							
Tryptophan	.g 0	.075	0	1	0.105	0.021	0.032
Threonine	.g 0	.223	0	1	0.312	0.063	0.094
Isoleucine	.g 0	.222	0	1	0.311	0.063	0.093
Leucine	•	.360	0	1	0.504	0.102	0.151
Lysine	•	.224	0	1	0.314	0.064	0.094
Methionine		.146	0	1	0.204	0.041	0.061
Cystine	•	.115	0	1	0.161	0.033	0.048
Phenylalanine	•	. 259	0	1	0.363	0.073	0.109
Tyrosine	. 0	.160 .296	0	1 1	0.224 0.414	0.045	0.067
ValineArginine	•	. 586	0	1	0.820	0.084 0.166	0.124 0.246
Histidine	•	. 211	0	1	0.295	0.060	0.089
Alanine	•	.289	0	1	0.405	0.082	0.121
Aspartic acid	•	.698	0	1	0.977	0.198	0.293
Glutamic acid	•	403	0	1	1.964	0.398	0.589
Glycine	•	.267	0	1	0.374	0.076	0.112
Proline		.228	0	1	0.319	0.065	0.096
Serine	.g 0	.209	0	1	0.293	0.059	0.088
Hydroxyproline	.g						

NDB No. 19061 Snacks, trail mix, tropical

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

				Amount in edible portion of common						
				Num ber				'	easures of fo	
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates: Water	a	4.5	4	0	FLC	4		1.29		
		517	-	0	NC	4		146		
Energy		2162		0	NC	4		613		
Energy		4.1	2	0	MC	9		1.17		
Protein		29.8		0	MC	9		8.45		
Total lipid (fat)		3.5		0	FLC	4		1.01		
Ash		57.9		0		4		16.43		
Carbohydrate, by difference				0	NC LC	8		3.1		
Fiber, total dietary		10.9								
Sugars, total		9.7	5	0	MC	9		2.76		
Starch	9									
Minerals:										
Calcium, Ca	mg	79		0	MC	9		22		
Iron, Fe	_	1.6	4	0	MC	9		0.46		
Magnesium, Mg	mg	86		0	FLC	4		24		
Phosphorus, P	mg	198		0	FLC	4		56		
Potassium, K	mg	1266		0	FLC	4		359		
Sodium, Na	_	246		0	FLC	4		70		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.1		0	FLC	4		0.33		
Copper, Cu	_	0.4		0	FLC	4		0.123		
Manganese, Mn		1.2		0	FLC	4		0.342		
Selenium, Se	µg	3.2		0	FLC	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.1		0	LC	8		3.4		
Thiamin	mg	0.2	27	0	FLC	4		0.064		
Riboflavin	mg	0.1	31	0	FLC	4		0.037		
Niacin	mg	1.7	68	0	FLC	4		0.501		
Pantothenic acid	mg	1.7	21	0	FLC	4		0.488		
Vitamin B-6	mg	0.5	30	0	FLC	4		0.150		
Folate, total	µg	87		0	FLC	4		25		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	87		0	FLC	4		25		
Folate, DFE	µg	87		0	NC	4		25		
Choline, total	mg	27.5		0	FLC	4		7.8		
Betaine	mg	0.0		0	FLC	4		0.0		
Vitamin B-12	µg	0.0	0	0	FLC	4		0.00		
Vitamin B-12, added	µg	0.0	0	0	FLC	4		0.00		
Vitamin A, RAE	µg	97		0	NC	4		27		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	1138		0	MC	9		323		
Carotene, alpha	µg	1		0	MC	9		0		
Cryptoxanthin, beta	µg	41		0	MC	9		12		
Vitamin A, IU	<u>I</u> U	1932		0	NC	4		548		
Lycopene		0		0	FLC	4		0		
Lutein + zeaxanthin	µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		8.1		0	FLC	4		2.31		
Vitamin E, added	-	0.0		0	FLC	4		0.00		
Tocopherol, beta		0.0		0	FLC	4		0.00		
Tocopherol, gamma		6.6		0	FLC	4		1.87		
Tocopherol, delta		0.2		0	FLC	4		0.07		
Tocotrienol, alpha		0.0		0	FLC	4		0.00		
Tocotrienol, beta		0.0		0	FLC	4		0.00		
Tocotrienol, gamma		0.0		0	FLC	4		0.00		
Tocotrienol, delta		0.0		0	FLC	4		0.00		
Vitamin D (D2 + D3)	µg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	ua									
Vitamin D. (choicealcheio)		0		0	z	7		0		

	Amount in 1	00 grams	of edi	Amount in edible portion of common				
		Number					easures of fo	
				Source	Confidence			
Nutrients and Units	Mean Std. Erro	r Points			Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinoneµg	0.0	0	FLC	4		0.0		
Menaquinone-4µg	0.0	0	FLC	4		0.0		
Lipids:								
Fatty acids, total saturatedg	1.887	0	FLC	4		0.535		
4:0g	0.000	0	FLC	4		0.000		
6:0g	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.000	0	FLC	4		0.000		
13:0g								
14:0g	0.003	0	FLC	4		0.001		
15:0g	0.000	0	FLC	4		0.000		
16:0g	1.118	0	FLC	4		0.317		
17:0g	0.000	0	FLC	4		0.000		
18:0g	0.525	0	FLC	4		0.149		
20:0g	0.157	0	FLC	4		0.044		
22:0g	0.080	0	FLC	4		0.023		
24:0g	0.000	0	FLC	4		0.000		
Fatty acids, total monounsaturatedg	15.409	0	FLC	4		4.369		
14:1g	0.000	0	FLC	4		0.000		
15:1g	0.000	0	FLC	4		0.000		
16:1 undifferentiatedg	0.055	0	FLC	4		0.016		
17:1g	0.000	0	FLC	4		0.000		
18:1 undifferentiatedg	15.029	0	FLC	4		4.261		
20:1g	0.318	0	FLC	4		0.090		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	6.930	0	FLC	4		1.965		
18:2 undifferentiatedg	4.696	0	FLC	4		1.331		
18:3 undifferentiatedg	2.231	0	FLC	4		0.633		
18:4g	0.000 0.000	0	FLC FLC	4 4		0.000		
20:2 n-6 c,cg	0.000	0	FLC	4		0.000		
20:3 undifferentiated	0.000	0	FLC	4		0.000		
20:4 undifferentiated	0.000	0	FLC	4		0.000		
20:5 II-5 (EPA)g	0.000	U	FLC	-		0.000		
22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4		0.000		
Fatty acids, total trans	0.095	0	FLC	4		0.027		
Cholesterolmg	0	0	FLC	4		0		
Phytosterolsmg						-		
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeineg	0.0	0	FLC	4		0.0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Am	ount in 10	0 grams	of edil	Amount in 100 grams of edible portion									
				Num ber				Amount in edible portion of common measures of food							
						Source C	Confidence								
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure					
Proximates:															
Water	g	6.3	1	0	FLC	4		1.79							
Energy		473		0	NC	4		134							
Energy		1978		0	NC	4		561							
Protein (N x 6.26)		5.3	2	0	FLC	4		1.51							
Total lipid (fat)	g	23.3	0	0	FLC	4		6.61							
Ash	g	4.6	4	0	FLC	4		1.32							
Carbohydrate, by difference	g	60.4	3	0	FLC	4		17.13							
Fiber, total dietary	g	4.7		0	FLC	4		1.3							
Sugars, total	g	4.0	4	0	FLC	4		1.15							
Starch	g														
Minerals:															
Calcium, Ca	ma	52		0	FLC	4		15							
Iron, Fe	_	1.5	5	0	FLC	4		0.44							
Magnesium, Mg	_	53		0	FLC	4		15							
Phosphorus, P		130		0	FLC	4		37							
Potassium, K	mg	838		0	FLC	4		238							
Sodium, Na	mg	357		0	LC	8		101							
Zinc, Zn	<u>.</u> mg	0.5	0	0	FLC	4		0.14							
Copper, Cu		0.2		0	FLC	4		0.066							
Manganese, Mn		0.2		0	FLC	4		0.078							
Selenium, Se	µg	1.0		0	FLC	4		0.3							
Vitamins:															
Vitamin C, total ascorbic acid	mg	4.9		0	FLC	4		1.4							
Thiamin	mg	0.1	33	0	FLC	4		0.038							
Riboflavin	mg	0.0	59	0	FLC	4		0.017							
Niacin	mg	2.7	67	0	FLC	4		0.784							
Pantothenic acid	mg	0.4	74	0	FLC	4		0.134							
Vitamin B-6	g	0.5	45	0	FLC	4		0.154							
Folate, total		16		0	FLC	4		4							
Folic acid		0		0	FLC	4		0							
Folate, food		16		0	FLC	4		4							
Folate, DFE		16		0	NC	4		4							
Choline, total		31.5		0	FLC	4		8.9							
Betaine	_	0.1		0	FLC	4		0.0							
Vitamin B-12Vitamin B-12. added		0.0		0	FLC FLC	4 4		0.00							
Vitamin B-12, addedVitamin A, RAE		9	U	0	NC	4		0.00 2							
Retinol		0		0	FLC	4		0							
Carotene, beta		102		0	FLC	4		29							
Carotene, alpha		0		0	FLC	4		0							
Cryptoxanthin, beta		0		0	FLC	4		0							
Vitamin A, IU		170		0	NC	4		48							
Lycopene		7248		0	FLC	4		2055							
Lutein + zeaxanthin		0		0	FLC	4		0							
Vitamin E (alpha-tocopherol)		4.8	4	0	FLC	4		1.37							
Vitamin E, added	mg	0.0	0	0	FLC	4		0.00							
Tocopherol, beta	mg	0.0	0	0	FLC	4		0.00							
Tocopherol, gamma	g	6.3	7	0	FLC	4		1.80							
Tocopherol, delta		0.2		0	FLC	4		0.06							
Tocotrienol, alpha		0.0		0	FLC	4		0.00							
Tocotrienol, beta		0.0		0	FLC	4		0.00							
Tocotrienol, gamma		0.0		0	FLC	4		0.00							
Tocotrienol, delta		0.0		0	FLC	4		0.00							
Vitamin D (D2 + D3)		0.0		0	FLC	4		0.0							
Vitamin D2 (ergocalciferol)															
Vitamin D3 (cholecalciferol)		0		0	Z	7		0							
Vitamin D Vitamin K (phylloquinone)		17.5		0	FLC	4		5.0							

					Amount in 100 grams of edible portion							
			Nu	mber				Amount in edible portion of common measures of food				
						Source	Confidence					
Nutrients and Units		Mean Std. Er				Code	Code	Measure 1	Measure 2	Measure 3		
Dihydrophylloquinone		0.0		0	FLC	4		0.0				
Menaquinone-4	µg	0.0		0	FLC	4		0.0				
Lipids:												
Fatty acids, total saturated	-	1.762		0	FLC	4		0.500				
4:0		0.000		0	FLC	4		0.000				
6:0 8:0	-	0.000 0.000		0	FLC FLC	4 4		0.000				
10:0	-	0.000		0	FLC	4		0.000				
12:0	-	0.008		0	FLC	4		0.002				
13:0	-											
14:0	.g	0.002		0	FLC	4		0.001				
15:0	-	0.000		0	FLC	4		0.000				
16:0		1.034		0	FLC	4		0.293				
17:0	-	0.000		0	FLC	4		0.000				
18:0 20:0	-	0.491 0.150		0	FLC FLC	4 4		0.139 0.042				
22:0	-	0.130		0	FLC	4		0.042				
24:0	-	0.070		ŭ	120	•		0.021				
Fatty acids, total monounsaturated		14.566		0	FLC	4		4.129				
14:1	.g	0.000		0	FLC	4		0.000				
15:1	.g	0.000		0	FLC	4		0.000				
16:1 undifferentiated		0.051		0	FLC	4		0.015				
17:1		0.000		0	FLC	4		0.000				
18:1 undifferentiated	•	14.212		0	FLC	4		4.029				
20:1	-	0.303 0.000		0	FLC FLC	4 4		0.086 0.000				
24:1 c		0.000		U	FLC	4		0.000				
Fatty acids, total polyunsaturated		6.602		0	FLC	4		1.872				
18:2 undifferentiated		4.475		0	FLC	4		1.269				
18:3 undifferentiated		2.127		0	FLC	4		0.603				
18:4	g	0.000		0	FLC	4		0.000				
20:2 n-6 c,c	-	0.000		0	FLC	4		0.000				
20:3 undifferentiated		0.000		0	FLC	4		0.000				
20:4 undifferentiated 20:5 n-3 (EPA)		0.000 0.000		0	FLC FLC	4 4		0.000				
21:5	-	0.000		U	FLC	-		0.000				
22:4												
22:5 n-3 (DPA)		0.000		0	FLC	4		0.000				
22:6 n-3 (DHA)		0.000		0	FLC	4		0.000				
Fatty acids, total trans	g	0.091		0	FLC	4		0.026				
Cholesterol		0		0	FLC	4		0				
Phytosterols	_	150		0	NR	4		43				
Stigmasterol		1 55		0	FLC FLC	4 4		0 16				
Campesterol Beta-sitosterol		95		0	FLC	4		27				
Amino Acids:												
Tryptophan	g	0.083		0	FLC	4		0.024				
Threonine		0.206		0	FLC	4		0.058				
Isoleucine	-	0.217		0	FLC	4		0.062				
Leucine		0.309		0	FLC	4 4		0.088				
Lysine Methionine		0.302 0.077		0	FLC FLC	4		0.086 0.022				
Cystine		0.052		0	FLC	4		0.022				
Phenylalanine		0.230		0	FLC	4		0.065				
Tyrosine		0.162		0	FLC	4		0.046				
Valine		0.257		0	FLC	4		0.073				
Arginine	.g	0.269		0	FLC	4		0.076				
Histidine		0.123		0	FLC	4		0.035				
Alanine		0.244		0	FLC	4		0.069				
Aspartic acid		0.903 0.915		0	FLC FLC	4 4		0.256 0.259				
Glutamic acid		0.915		0	FLC	4		0.259				
G1, GIII C	ອ	0.200		•	-20	•		0.055				

Snacks, vegetable chips, made from garden vegetables (1)

	Amo	ount in 10	<u> </u>	Amount in edible portion of common measures of food					
Nutrients and Units	Mean S			Deriv		Confidence Code		Measure 2	Measure 3
Prolineg	0.19	5	0	FLC	4		0.055		
Serineg Hydroxyprolineg	0.175	5	0	FLC	4		0.050		
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Footnotes:

1 Made with potatoes, tomatoes, spinach and beets.

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		<u>Am</u>	ount in 100	gram	s of edi	ble portio	<u>n</u>	Amount in edible portion of common		
			N	um be	measures of food					
						Source C	Confidence	_		
Nutrients and Unit	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	α	2.80	0.65	8 4	A	1		0.79	0.48	2.94
Energy		515	0.00	0	NC	4		146	88	541
Energy		2157		0	NC	4		611	367	2265
Protein		1.34	0.23		A	1		0.38	0.23	1.41
Total lipid (fat)		25.91			A	1		7.34	4.40	27.20
Ash		2.70		0	NR	4		0.77	0.46	2.84
Carbohydrate, by difference		69.23		0	NR	4		19.63	11.77	72.69
Fiber, total dietary		3.7	0.35		A	1		1.0	0.6	3.9
Sugars, total		3.36		0	A	1		0.95	0.57	3.53
Starch		62.17	3.81		A	1		17.63	10.57	65.28
Sarcii	9	V2-1-1	3102	-		_		2	10.57	00120
Minerals:										
Calcium, Ca	mg	52	8.23		A	1		15	9	54
Iron, Fe	mg	0.72			A	1		0.20	0.12	0.76
Magnesium, Mg	mg	46	5.62		A	1		13	8	48
Phosphorus, P		99	16.38		A	1		28	17	104
Potassium, K	-	868	98.02		A	1		246	147	911
Sodium, Na		296	52.73		A	1		84	50	310
Zinc, Zn	-	0.85			A	1		0.24	0.14	0.89
Copper, Cu		0.11			A	1		0.033	0.020	0.12
Manganese, Mn		0.28	2 0.08		A	1		0.080	0.048	0.29
Selenium, Se	µg	4.9		2	A	1		1.4	0.8	5.1
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	-	0.05	0 0.01	.0 4	A	1		0.014	0.008	0.05
Riboflavin	-	0.02			A	1		0.008	0.005	0.02
Niacin	-	1.19			A	1		0.339	0.204	1.25
Pantothenic acid	-	0.89		2	A	1		0.252	0.151	0.93
Vitamin B-6	-	0.13		0 4	A	1		0.037	0.022	0.13
Folate, total	-			-		_				
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12	-									
Vitamin A, RAE										
Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		2.78		1	A	1		0.79	0.47	2.92
Tocopherol, beta	mg	0.07		1	A	1		0.02	0.01	0.07
Tocopherol, gamma		0.29		1	A	1		0.08	0.05	0.30
Tocopherol, delta		0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha		0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta		0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma	-	0.61		1	A	1		0.17	0.10	0.64
Tocotrienol, delta		0.42		1	A	1		0.12	0.07	0.44
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		5.3		1	A	1		1.5	0.9	5.6
Dihydrophylloquinone		0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4		0.0		1	A	1		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	8.68	9	0	NC	4		2.463	1.477	9.12
4:0	g	0.00	6 0.00	1 4	A	1		0.002	0.001	0.00
6:0		0.00	1 0.00	1 4	A	1		0.000	0.000	0.00
8:0	g	0.01	0.00	2 4	A	1		0.003	0.002	0.01

	Amount in 100 grams of edible portion							Amount in edible portion of common			
			Num	hor				measures of food			
						Source	Confidence	_		_	
Nutrients and Units	Mean	Std. Erro	or Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
10:0g	0.03		.002		A	1		0.011	0.006	0.039	
12:0g	0.03	9 (0.022	4	A	1		0.011	0.007	0.041	
13:0g											
14:0g	0.20		0.044	4	A	1		0.057	0.034	0.211	
15:0g	0.00		0.002	4	A	1		0.003	0.002	0.010	
16:0g	7.43		.918	4	A	1		2.107	1.263	7.803	
17:0g	0.02		0.003	4	A	1		0.006	0.004	0.022	
18:0g	0.81		.203	4	A	1		0.230	0.138	0.853	
20:0g	0.07		0.016	4	A	1		0.022	0.013	0.081	
22:0g	0.02		0.002	4	A	1		0.006	0.004	0.024	
24:0g	0.02	2 (0.001	4	A	1		0.006	0.004	0.023	
Fatty acids, total monounsaturatedg	7.44			0	NC	4		2.110	1.265	7.815	
14:1g	0.00		0.000	4	A	1		0.001	0.000	0.002	
15:1g	0.00	0 (0.000	4	A	1		0.000	0.000	0.000	
16:1 undifferentiated	0.07	1 (0.014	4	AS	1		0.020	0.012	0.074	
16:1 cg	0.07	1 (0.014	4	A	1		0.020	0.012	0.074	
16:1 tg	0.00	0 (0.000	4	A	1		0.000	0.000	0.000	
17:1g	0.00	0 (0.000	4	A	1		0.000	0.000	0.000	
18:1 undifferentiatedg	7.32	2 2	2.570	4	AS	1		2.076	1.245	7.688	
18:1 cg	7.25	3 2	2.591	4	A	1		2.056	1.233	7.616	
18:1 tg	0.06	9 (.035	4	A	1		0.020	0.012	0.072	
18:1-11 t (18:1t n-7)g											
20:1g	0.03	7 (0.012	4	A	1		0.010	0.006	0.039	
22:1 undifferentiatedg	0.00	0 (0.000	4	AS	1		0.000	0.000	0.000	
22:1 cg	0.00	0 (0.000	4	A	1		0.000	0.000	0.000	
22:1 tg	0.00	0 (0.000	4	A	1		0.000	0.000	0.000	
24:1 cg	0.01	.1 (.005	4	A	1		0.003	0.002	0.012	
Fatty acids, total polyunsaturatedg	6.91	.2		0	NC	4		1.960	1.175	7.258	
18:2 undifferentiatedg	6.80	4 2	2.322	4	AS	1		1.929	1.157	7.144	
18:2 n-6 c,cg	6.70	9 2	2.329	4	A	1		1.902	1.140	7.044	
18:2 CLAsg	0.01	.4 (0.003	4	A	1		0.004	0.002	0.015	
18:2 t,tg											
18:2 ig											
18:2 t not further definedg	0.08	1 (.011	4	A	1		0.023	0.014	0.085	
18:3 undifferentiatedg	0.05	8 (0.003	4	AS	1		0.016	0.010	0.061	
18:3 n-3 c,c,c (ALA)g	0.05	8 (0.003	4	A	1		0.016	0.010	0.061	
18:3 n-6 c,c,cg	0.00	0 (0.000	4	A	1		0.000	0.000	0.000	
18:3i											
18:4g	0.00	0 (0.000	4	A	1		0.000	0.000	0.000	
20:2 n-6 c.cg	0.00		0.003		A	1		0.002	0.001	0.007	
20:3 undifferentiated	0.00		0.000	4	AS	1		0.000	0.000	0.000	
20:3 n-3g	0.00		0.000	4	A	1		0.000	0.000	0.000	
20:3 n-6g	0.00		0.000	4	A	1		0.000	0.000	0.000	
20:4 undifferentiated	0.00		0.002		A	1		0.001	0.001	0.003	
20:4 n-6g											
20:5 n-3 (EPA)	0.03	3 (0.024	4	A	1		0.009	0.006	0.035	
21:5g		•				_					
22:4g	0.00	3 (0.000	4	A	1		0.001	0.001	0.003	
22:5 n-3 (DPA)g	0.00		0.000	4	A	1		0.000	0.000	0.000	
22:6 n-3 (DHA)g	0.00		0.000	4	A	1		0.000	0.000	0.000	
Fatty acids, total transg	0.15			0	NC	4		0.042	0.025	0.157	
Fatty acids, total trans-monoenoicg	0.06			0	NC	4		0.020	0.012	0.072	
Fatty acids, total trans-polyenoicg	0.08			0	NC	4		0.023	0.012	0.085	
Cholesterolg	0.00	-									

Common Measures:

Measure 1 = 28.35g: 1 oz

Snacks, yucca (cassava) chips, salted

Measure 2 = 17g: 10 chips Measure 3 = 105g: 1 bag

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Refuse:0%

		Amount in	roo grams	Amount in edible portion of common					
			Number		measures of food				
					Source (Confidence			
Nutrients and Un	ite	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure
Nutrients and on	11.5	Mean Stu. Di	01				Wicasure i	Weasure 2	Measure
Proximates:									
Water	g	1.70	0	MC	9		0.48		
Energy		415	0	NC	4		118		
Energy		1738	0	NC	4		493		
Protein		11.00	0	MC	9		3.12		
Total lipid (fat)		5.70	0	MC	9		1.62		
Ash	_	1.40	0		4		0.40		
Carbohydrate, by difference	-	80.00	0	MC	9		22.68		
Fiber, total dietary		5.3	0	MC	9		1.5		
Sugars, total		0.67	0	BFCN	4		0.19		
Starch			· ·	22 021	-		****		
Staten	9								
Minerals:									
Calcium, Ca	<u>m</u> g	159	0	MC	9		45		
Iron, Fe	_	1.60	0	MC	9		0.45		
Magnesium, Mg		97	0	MC	9		27		
Phosphorus, P		318	0	MC	9		90		
Potassium, K	-	272	0	MC	9		77		
Sodium, Na	_	517	0	LC	8		147		
Zinc, Zn	_	1.15	0	MC	9		0.33		
Copper, Cu		0.110	0	MC	9		0.031		
Manganese, Mn	_								
Selenium, Se	µg	15.7	0	FLM	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2	0	MC	9		0.1		
Thiamin	-	0.220	0	MC	9		0.062		
Riboflavin		0.280	0	MC	9		0.079		
Niacin	_	0.420	0	MC	9		0.119		
Pantothenic acid	mg								
Vitamin B-6	-	0.180	0	MC	9		0.051		
Folate, total	µg	16	0	MC	9		5		
Folic acid	µg	0	0	Z	7		0		
Folate, food	µg	16	0	MC	9		5		
Folate, DFE	µg	16	0	NC	4		5		
Choline, total	mg	21.9	0	FLA	4		6.2		
Betaine	mg								
Vitamin B-12	µg	0.00	0	MC	9		0.00		
Vitamin B-12, added	µg	0.00	0	Z	7		0.00		
Vitamin A, RAE	µg	5	0	NC	4		1		
Retinol	µg	0	0	Z	7		0		
Carotene, beta	µg	47	0	BFNN	4		13		
Carotene, alpha	µg	30	0	BFNN	4		9		
Cryptoxanthin, beta		1	0	BFNN	4		0		
Vitamin A, IU	IU	104	0	NC	4		30		
Lycopene	µg	0	0	BFNN	4		0		
Lutein + zeaxanthin	µg	652	0	BFNN	4		185		
Vitamin E (alpha-tocopherol)	mg	0.77	0	BFFN	4		0.22		
Vitamin E, added	<u>mg</u>	0.00	0	Z	7		0.00		
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta									
Tocotrienol, alpha	g								
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)	µg	0.0	0	Z	7		0.0		
Vitamin D		0	0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.2	0	BFFN	4		0.0		
	µg								

	<u>Am ount</u>	in 100 grams		Amount in edible portion of common			
		Numbei			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Confider	nce		
Nutrients and Units	Mean Std.	Error Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturated	0.850	0	MC	9	0.241		
4:0g	0.000	0	MC	9	0.000		
6:0g	0.000	0	MC	9	0.000		
8:0g	0.000	0	MC	9	0.000		
10:0g	0.000	0	MC	9	0.000		
12:0g	0.000	0	MC	9	0.000		
13:0g							
14:0g	0.000	0	MC	9	0.000		
15:0g							
16:0g	0.684	0	MC	9	0.194		
17:0g							
18:0g	0.090	0	MC	9	0.026		
20:0g							
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	1.660	0	MC	9	0.471		
14:1g							
15:1g							
16:1 undifferentiatedg	0.005	0	MC	9	0.001		
17:1g				•			
18:1 undifferentiatedg	1.500	0	MC	9	0.425		
20:1g	0.000	0	MC	9	0.000		
22:1 undifferentiatedg	0.000	0	MC	9	0.000		
24:1 cg	0.000	•		•			
Fatty acids, total polyunsaturated	2.870	0	MC	9 9	0.814		
18:2 undifferentiated	2.524	0	MC MC	9	0.716		
18:3 undifferentiatedg	0.078 0.000	0	MC	9	0.022		
18:4g	0.000	U	МС	9	0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	MC	9	0.000		
20:5 n-3 (EPA)g	0.000	0	MC	9	0.000		
20:5 ii-5 (EPA)	0.000	· ·	МС	,	0.000		
21:3g 22:4g							
22:5 n-3 (DPA)g	0.000	0	MC	9	0.000		
22:6 n-3 (DHA)g	0.000	0	MC	9	0.000		
Fatty acids, total transg	0.000	J	110	-	0.000		
Cholesterolmg	0	0	z	7	0		
Phytosterols mg	· ·	J	_	•	· ·		
Others:							
Alcohol, ethylg	0.0	0	z	7	0.0		
Caffeinemg	0	0	BFFN	4	0		
Theobrominemg	0	0	BFFN	4	0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Am oui</u>	nt in 100 gr	am s	Amount in edible portion of common					
			Num	ber	measures of food					
					Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean Sto	l. Error Po			Code	Code	Measure 1	Measure 2	Measure
natricinto una ci		mean or						measure i	measure 2	Measure
Proximates:										
Water	-	1.94	0.146	19	A	1		0.55		
Energy	kcal	497		0	NC	4		141		
Energy		2080		0	NC	4		590		
Protein	g	6.62	0.100	19	A	1		1.88		
Total lipid (fat)	g	22.33	0.476	19	A	1		6.33		
Ash	_	1.73	0.046	19	A	1		0.49		
Carbohydrate, by difference	g	67.38		0	NC	4		19.10		
Fiber, total dietary	g	4.7	0.132	13	A	1		1.3		
Sugars, total		1.21		13	A	1		0.34		
Sucrose	g	0.89	0.032	13	A	1		0.25		
Glucose (dextrose)		0.16	0.006	13	A	1		0.05		
Fructose	g	0.16	0.003	13	A	1		0.04		
Lactose	g	0.00	0.000	13	A	1		0.00		
Maltose	<u>g</u>	0.00	0.000	13	A	1		0.00		
Galactose	g	0.00	0.000	13	A	1		0.00		
Starch	g	60.55	0.412	13	A	1		17.16		
Minerals:										
Calcium, Ca	mg	104	4.924	19	A	1		30		
Iron, Fe	mg	1.32	0.059	19	A	1		0.37		
Magnesium, Mg	mg	84	1.624	19	A	1		24		
Phosphorus, P	mg	234	3.283	19	A	1		66		
Potassium, K	mg	206	4.418	19	A	1		58		
Sodium, Na	_	310		18	A	1		88		
Zinc, Zn		1.46		19	A	1		0.41		
Copper, Cu		0.105		19	A	1		0.030		
Manganese, Mn		0.357 8.4	0.007 0.989	19 7	A A	1 1		0.101 2.4		
Selenium, Se	µg	0.1	0.303	,	Α	-		2.1		
Vitamins:	m a	0.0		0	FLA	4		0.0		
Vitamin C, total ascorbic acid	-	0.130	0.012		гьа А	1		0.037		
Thiamin	-	0.130		13	A	1				
Riboflavin	-	1.498		13	A	1		0.012 0.425		
Pantothenic acid		0.411	0.012	7	A	1		0.423		
Vitamin B-6		0.202		13	A	1		0.057		
Folate, total	-	22	0.000	0	FLA	4		6		
Folic acid		0		0	FLA	4		0		
Folate, food		22		0	FLA	4		6		
Folate, DFE		22		0	NC	4		6		
Choline, total		19.1		0	FLA	4		5.4		
Betaine		0.0		0	FLA	4		0.0		
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin B-12, added		0.00		0	FLA	4		0.00		
Vitamin A, RAE		8		0	NC	4		2		
Retinol		0		0	FLA	4		0		
Carotene, beta	µg	39	5.971	8	A	1		11		
Carotene, alpha		56		0	FLA	4		16		
Cryptoxanthin, beta		57	8.859	8	A	1		16		
Vitamin A, IU		158		0	NC	4		45		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	1198		0	FLA	4		340		
Vitamin E (alpha-tocopherol)	mg	2.97		0	FLA	4		0.84		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha	mg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, gamma.....mg Tocotrienol, delta.....g Vitamin D (D2 + D3)......µg 0.0 0 FLA 0.0 4 0 7 Vitamin D......U z Vitamin K (phylloquinone)......µg 0.6 0 FLA 4 0.2 Dihydrophylloquinone.....µg Menaquinone-4.....µg Lipids: Fatty acids, total saturated.....g 2.776 NC 0.787 4 0.007 0.001 19 1 0.002 4:0.....g Α 6:0.....g 0.000 0.000 19 Α 1 0.000 0.010 0.001 19 1 0.003 8:0.....g Α 0.023 0.002 19 A 1 0.006 0.002 0.001 19 12:0 a Α 1 0.001 13:0.....g 0.021 0.005 19 Α 1 0.006 14:0.....g 15:0.....g 0.004 0.000 19 А 1 0.001 0.184 19 2.123 1 0.602 16:0.....g Α 0.001 19 17:0.....g 0.013 1 0.004 18:0......g 0.471 0.018 19 Α 1 0.134 20:0.....g 0.056 0.002 19 Α 1 0.016 0.021 0.002 19 0.006 Α 1 0.025 0.001 19 Α 1 0.007 24:0.....g Fatty acids, total monounsaturated......g 8.584 NC 4 2.434 0.000 19 14:1.....g 0.000 Α 1 0.000 0.000 19 15:1 q 0.000 Α 1 0.000 0.003 19 16:1 undifferentiated..................g 0.027 AS 1 0.008 0.003 19 16:1 c.....g 0.027 А 1 0.008 0.000 19 16:1 t.....g 0.000 Α 1 0.000 0.001 19 17:1.....g 0.005 Α 1 0.002 0.624 19 18:1 undifferentiated......g 8.445 AS 1 2.394 18:1 c.....g 8.425 0.622 19 А 1 2.389 0.003 19 18:1 t.....g 0.020 Α 1 0.006 18:1-11 t (18:1t n-7)......g 0.101 0.014 19 0.029 20:1.....g Α 1 22:1 undifferentiated......g 0.003 0.001 19 1 AS 0.001 0.001 19 0.003 0.001 22:1 c.....g Α 1 0.000 0.000 19 22:1 t.....g Α 1 0.000 0.001 19 24:1 c.....g 0.003 Α 1 0.001 9.179 0 NC 4 2.602 8.847 0.632 19 AS 18:2 undifferentiated......g 1 2.508 8.790 0.629 19 1 2.492 18:2 n-6 c,c.....g Α 0.001 19 1 0.011 А 18:2 CLAs......g 0.003 18:2 t,t.....g 18:2 t not further defined......g 0.046 0.005 19 1 0.013 0.313 0.070 19 AS 1 0.089 18:3 undifferentiated......g 18:3 n-3 c,c,c (ALA).....g 0.313 0.070 19 Α 1 0.089 18:3 n-6 c,c,c.....g 0.000 0.000 19 0.000 1 Α 18:3i.....g 0.000 0.000 19 Α 1 0.000 18:4......g 0.001 19 0.009 20:2 n-6 c,c.....g Α 1 0.003 20:3 undifferentiated.....g 0.000 0.000 19 0.000 0.000 19 20:3 n-3.....g 0.000 Α 1 0.000 0.000 0.000 19 A 1 0.000 20:3 n-6.....g 0.001 19 20:4 undifferentiated.....g 0.003 Α 1 0.001 20:4 n-6.....g 0.001 19 0.005 0.001 20:5 n-3 (EPA)......g Α 1 21:5.....g 0.001 0.000 19 0.000 22:4.....g Α 1 22:5 n-3 (DPA)......g 0.000 0.000 19 Α 1 0.000 0.000 0.000 19 A 1 0.000 22:6 n-3 (DHA)......g 0.066 0 NC 4 0.019 Fatty acids, total trans......g

Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Er				Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total trans-monoenoicg	0.020	0	NC	4		0.006				
Fatty acids, total trans-polyenoicg Cholesterolmg Phytosterolsmg	0.046 0	0	NC FLA	4 4		0.013 0				
Others: Alcohol, ethylg	0.0	0	FLA	4		0.0				
Caffeinemg Theobrominemg	0 0	0 0	FLA FLA	4 4		0 0				

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks